



Dealing with anorexia nervosa

A young woman talks about her personal struggle with the sometimes fatal disease

Feature 14

Monday, February 10, 2003

Spoke

Conestoga College, Kitchener

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Knowing the potential risks and dangers of viruses can help with prevention

Life 8

34th Year — No. 6

Students plunge for a good cause

By DENIS LANGLOIS

Conestoga College students once again showed they are full of heart and full of guts at this year's polar plunge.

A frigid -15 C wind and knee-deep snow didn't stop 30 participants from jumping into a hole in the pond on Jan. 30 to raise money for the Canadian Heart and Stroke Foundation.

The participants took turns racing towards the pond from the main cafeteria before plunging into the cold, murky water. Most of the jumpers sported a unique and interesting uniform while making their way to the hole.

Jessika Kunkle, dressed as a dominatrix, led two collar-clad men into the water as the mass of spectators hollered and cheered. Recreation and leisure studies students ran to the pond wearing shirts with the slogan "reckies rule" painted across the front.

Therese Kerr, a 34-year-old recreation and leisure studies student, took the plunge for her daughter, Victoria.

"It was dedicated to her in memory of her dad who died from heart complications at 39," she said.

On the back of Kerr's shirt were the words, 'This is for you Vic,' referring to her husband. Kerr bolted towards the pond and, without hesitation, planted both feet into the bone-chilling water. She said it was an experience she will always remember.

"It was the most exhilarating thing I have ever done," she said.

Steve Black, a 20-year-old management studies student and one of the collar-clad men, said the water was not as cold as he expected.

"Actually, I thought it was pretty warm the first time I went in," he said. "I got a head rush the second time, though."

After all the participants took their turn, they were invited to jump again.

Black, who accepted the offer, said he would do it all again tomorrow if he had the chance.

Jay Jeong, a 31-year-old advertising student, said he participated in the plunge because he wanted to help others and have a fun time.

"It felt good, it wasn't too freezing," he said.

By participating in the 23rd annual polar plunge, students helped to raise money for the Heart and Stroke Foundation of Kitchener-Waterloo. The jumpers managed to surpass this year's goal of \$1,500.

Kathy Gauci, area co-ordinator of the foundation, said she was impressed with the event and proud of the participants.

"I think it's awesome to see so many young people involved," she said. "It (heart conditions and stroke) affects people of all ages and if a person is not personally affected, chances are they know someone who is."

She said the money from the event remains in the region and will help fund heart research.

"We are fortunate enough to have two universities in the area that conduct research," she said.

The plunge was the foundation's official kickoff to heart month, a fundraising campaign for education and research into heart-related diseases and conditions.

Jody Andruszkiewicz, events programmer for Conestoga Students Incorporated (CSI) and co-ordinator of the polar plunge, said it takes a special person to jump into the water for charity.

"I think they're awesome people, they are absolutely amazing people," he said. "It's cold, that water is really, really cold and it's really dirty, so for the people who are



(Photo by Denis Langlois)

Michelle Bookjans (left) and Catalina Franco jump into Conestoga's murky pond to raise money for the Canadian Heart and Stroke Foundation during the 23rd annual polar plunge.

willing to jump in for charity, I take my hat off to them."

He said he is thankful for the amount of support the college gave towards this year's plunge. For example, the Alumni Association donated \$200 to the event, 37 law and security and five paramedic students volunteered to watch over the plunge and the school nurse stood by in the event of an emergency.

After the plunge, the participants hopped into a van and drove to the

recreation centre for a warm shower and relaxing sit in the sauna.

Andruszkiewicz said the plunge shows the community that Conestoga students, faculty and staff care.

"It's a win-win for the college and the students. It's a really positive thing. It's something we are really happy to be involved with," he said. "My heartfelt appreciation goes out to all those who helped."

The CSI planned a winter carnival around this year's polar plunge.

A skating rink was created and hot chocolate was served, but Andruszkiewicz said the students went back inside when the plunge ended.

"Not one person stepped onto the ice with their skates," he said. "and that breaks my heart."

During the summer, he said the CSI will work on how to attract more people to the carnival.

"We'll look at what we did right and what we did wrong and go from there," he said.

Faking a pass for parking

By JASON MIDDLETON

Forty people were caught last semester in Conestoga College parking lots with fake parking passes in their vehicles.

The head of security services said if this trend continues, criminal charges could be pressed.

Al Hunter said that more cases of fake parking passes are being discovered during this school year than in previous years.

Holding three of the confiscated passes, he said, "They're fairly good, but not good enough."

Most are made with photographic paper on a normal computer printer and then are laminated.

He says that from a distance they look good, but when you have someone who's looking at thousands of passes a day it's easy to

distinguish the fake ones.

Part of the reason so many of the fraudulent passes are being discovered is because of the bylaw enforcement officer.

Amy Lewis drives around the parking lots ticketing cars parked where they are not supposed to be.

The number of passes confiscated this semester may match last semester.

When a car is found with a fake pass it is given a City of Kitchener parking ticket, which is a fine of \$15, and a notice is placed on the car telling the person to report to the security office. Almost all people do show up at security, where a general occurrence report is done. "We interview the people involved and when they are found to be at fault, we do a student tracking administrative form, and that form

and a synopsis of the report go to the dean or chair of the program that the student is attending."

The dean or program chair usually hands down a severe punishment.

In one case a student was fined \$182 and had to do 75 hours of community service within the college.

Hunter said that if this activity continues everyone could suffer.

"Their conduct is going to be reflected in parking rates for every student.

"I pay the same parking rate and so do the faculty."

Criminal charges could face future offenders and that could hamper chances of getting a job in a chosen field following college.

Continued on Page 2

Accounting teacher banned

By MARY SIMMONS

cover \$20,000 in investigation costs.

The Investment Dealers Association of Canada reported it took his past record of misconduct into account when making the decision to bar him from the industry.

He was disciplined in April 1999 and October 2001 for similar violations.

Armstrong had been teaching accounting part-time at the college for the past three years.

Following the allegations, Armstrong was removed from the classroom.

Addressing the subject in an article in The Record on Jan. 30, college president John Tibbits said the college is investigating the issue and has sought legal advice.

An accounting teacher at Conestoga College has been removed from the classroom after being banned for life from the securities industry.

William Armstrong has been accused of rogue trading which resulted in a middle-aged couple losing 60 per cent of their RRSP investment.

According to an article in The Record on Jan. 25, Armstrong was also fined \$80,000, including \$50,000 for failing to co-operate with the investigation.

At the time of the alleged misconduct, Armstrong was a representative in Waterloo for C.M. Oliver, now Canaccord Capital.

He must also repay \$5,200 in profits and commissions and

CSI president, students say honour roll system unfair

By TORI SUTTON

Some members of the college community have raised concerns Conestoga College's academic recognition system is not making the grade.

At a Jan. 13 college council meeting, suggestion of an honour roll revision was made by Conestoga Students Inc. (CSI) President Jon Olinski. He said the honour roll system should be changed to make it fair to more students at the college.

Currently, a student must earn 80 per cent or higher in all their courses during the final year of their program to receive honours.

All continuing education, full-time and part-time students are eligible for the accolade.

"I had a student come to me at the end of last year that had all 80s and 90s," said Olinski. "But she had one high 70 and that was keeping her off the honour roll. She had worked very hard and was very upset."

Olinski had contacted college administration regarding the issue last year, but decided to bring it up again because of the importance of honour roll to students and faculty.

"This is very important to graduating students," said Olinski. "And important to teachers because they want to see their students succeed."

An honour roll that recognizes the top two per cent of each program may be more appropriate, said Olinski, noting some programs make it difficult to receive

above 80 per cent in all courses because of the subject matter.

Bob Evans, co-ordinator of the accounting program, said some of his students who deserve honours have been kept off of the roll because of the standards.

"I've had students come to me and ask me to bump up a mark a few per cent because it's keeping them off the honour roll," said Evans, at the Jan. 13 council meeting.

Conestoga has more difficult honour roll restrictions in place than many other post-secondary institutions.

Most universities have a system based on each semester's achievements, usually requiring students to maintain an 80 per cent average.

"A change is not going to happen before the end of this school year," said Conestoga College President John Tibbits, at the council meeting. "If we have to change the rules, we really should have told the students before third year."

As well, too many students were receiving honours in the college's old and more relaxed system, making the award lose prestige, said Tibbits.

The current honour roll specifications have been in effect for more than six years.

"I've seen almost whole classes receive honours at graduation," said Tibbits. "Whatever system you have in place, you can be off."

It would take a long time to revise the current system, he

said. It was suggested a panel be put together to look into the issue.

"A revision is not going to happen this year," said Tibbits. He also warned that some students would not like that more students qualify for the honour roll.

Second-year electronics engineering student Rusty Fusek agrees an honour roll revision may cause upset to those students working hard to achieve high marks.

"The guidelines have been set," said Fusek, 20. "Just because it may be hard for some students who are used to being above average to achieve an 80 doesn't mean we should change it."

Students who have 80s in most classes but still have some lower marks should not be honoured, said Fusek.

Will Kelly, a second year broadcasting student, said the honour roll should be changed.

"It definitely makes sense for us to change the honour roll if most universities have lower standards," said Kelly. "Right now I think I should have honours and I don't have 80 per cent or higher in all my classes."

Until a panel is established to review the issue, it is unlikely any changes will be made.

However, even a group of informed college officials may have a hard time coming to an agreement on the tough issue.

"I honestly don't know what the best system is for Conestoga," said Olinski. "But I know the current one isn't working."



(Photo by Kate VandeVen)

Residence is planning on becoming smoke-free next fall. Students will have to go outside the building to smoke.

Conestoga residence going smoke-free in September

By KATE D. VANDEVEN

Starting in September, the Conestoga Residence and Conference Centre will be smoke-free.

Cynthia Lavigne, manager of the residence, said the decision to go smoke-free was a company-wide decision. The Kitchener location is one of the last residences of the Campus Living centres, which owns residences across the province, to switch over. Currently smoking is allowed in the fourth floor suites.

Focusing on a healthy environment is one reason the smoke-free decision was made. Lavigne said healthier living is the way society is going, and that is where residence wants to go also.

Along with top management, the decision to become a smoke-free residence was made in conjunction with the college and its new smoking rules.

Lavigne said although some students are not happy with the decision and have said they would not move back, staff feel the benefits of a no-smoking policy will outweigh some people's displeasure.

Resident adviser Jason Arnold

said he doesn't think the policy will effect the number of students moving in, mostly because of the double cohort.

Arnold said they already have an overflow of students who want to get into the residence.

He also doesn't think the residence will have a hard time enforcing the new policy. He said they enforce it on every other floor, so it shouldn't be any different on the fourth floor.

Students have a mixed reaction to the new rule.

Matt Metcalfe, who has lived in residence for two years and is planning on returning next year, said he can understand the change over because smoking is a health issue.

Metcalfe, 20, who is a smoker, said people argue for their personal rights and freedoms, but smoking affects everyone who is around it, so not everyone can have their own freedom.

Contrary to Metcalfe, Carla Kowalyk feels because people pay to live there, students should have the right to smoke in residence.

Although Kowalyk does not smoke herself, she thinks the decision to go smoke-free is wrong.

Fake passes net fines

Continued from Page 1

"Our students are going to be professional people and when you have a criminal record for theft, an employer generally doesn't care if you stole a tube of lipstick or a Mercedes. What it suggests to them is there is a character flaw and you're a thief."

He said, "We don't want to catch more. We want to reduce or eliminate the problem."

"I have many students come in

here and they don't seem to understand the gravity of what they're doing."

In one case a female student was disciplined for a fake pass and within a week security found her trying to avoid the parking control gate in lot 11. The student is no longer allowed to park a vehicle on college property.

"I've seen students reproduce fake daily passes, but you're putting a lot at risk for \$3.25," Hunter said.

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Conestoga assistance fund helps students

By CARRIE HOTO

What student doesn't like free money?

More than 620 students received the Conestoga College Student Assistance Fund (CCSAF) bursary, which was handed out the last week of January at the financial aid office in the student client services building.

Don't worry if you didn't pick up your bursary. "We hope to disperse 50 to 60 per cent of the bursaries through the office," said Paul Matresky, financial aid administrator, adding, "Students are very busy with the new semester so they may have forgotten. It's not a matter of too bad; we'll mail them out to you."

After about the first week of February, the financial aid office will mail out the remaining bursaries.

According to Web site www.conestogac.on.ca/jsp/financialassist/bursaryAwards.jsp, the bursary must be applied for and is based on the student's need.

"There's a scoring system in place that we review each year. The application asks a series of questions and points are awarded to each answer," said Matresky, adding, "When we tally up the score at the end, there is a dollar equivalent."

Students must complete a budget which determines how much money they need. "It's the simple OSAP formula: resources minus costs equals need," he said.

However, if students said they

needed \$10,000, they aren't going to get that amount. The maximum amount given is \$1,200 and the minimum amount given is \$100. Matresky said the average amount a student received was between \$600 and \$800.

Students who didn't receive the bursary but think they need it can go to the financial aid office and sit down to go over their budget. "You could score high on the points and not show a need," said Matresky.

The CCSAF bursary is separate from OSAP. "The system is debt reduction, not really for financial need." The bursary is in place to help with OSAP debt and other debts.

Anyone can apply for this bursary as long as they are completing a program for two consecutive terms. "If you are in a co-op program and on a work term right now you can't get it," said Matresky.

Currently, financial aid is working on another bursary available to students who are completing the January and August terms. The best thing about receiving a bursary is that students don't have to pay it back.

"There are lots (bursaries) out there," said Matresky, adding, "But, students need to do their own research on them."

Matresky said you can look for information on bursaries outside the Student Services office on the second floor or in the Sanctuary at Conestoga Students Incorporated.

College has lowest loan default rate

By CARRIE HOTO

Conestoga College has succeeded once again at being number 1.

For the third straight year Conestoga has the lowest student loan default rate.

According to a report by the Ontario Ministry of Training, Conestoga has the best default rate of any community college in Canada.

The default rate is based on the repayment of student loans.

"The latest one (report) published is based on loans issued in 1999-2000," said Paul Matresky, financial aid administrator. "It specifically looks at students who have missed three or more payments on a loan."

Conestoga College currently sits at a default rate of 10.4 per cent.

According to a news release from Conestoga College's public affairs department, the average default rate for community colleges is 16 per cent.

So, why is Conestoga number 1?

"My own personal belief is that it begins with the administration, our high quality," said Matresky, adding, "The second factor is the employment rate. Students find jobs and they are then able to pay their loans back. The third factor

is the personal assistance this office offers.

We want the contact with the students so we can talk to them and (figure) out the situation. Other schools will just mail out letters. It is very impersonal to send a letter. It is a lot easier to know what is going on and a lot more personal when you can talk to them."

Matresky added the Kitchener-Waterloo area is the "golden triangle" for its job market that is "golden hot" right now.

Overall, Matresky has seen males default more than females, by about 3 1/2 per cent.

Students over the age of 25 generally default almost four per cent more than students under the age of 25. Students who withdraw, tend to default almost three times more than students who graduate.

"When students apply for their loan they can go on the OSAP Web site and look at the robotics program and see the graduation rate and the default rate. You see the graduation rate is 100 per cent and the default rate is zero. They (students) might want to choose Conestoga College based on the fact that students got jobs and were able to meet their obligations," said Matresky, adding, "I

think it (having the best default rate) would have to be a factor for us being number 1 overall (in KPIs)."

According to a news release from public affairs, Conestoga has improved greatly in the past four years.

The default rate in 1998 was 20.8 per cent, in 1999 it was 16.6 per cent, in 2000 it was 12.5 per cent, in 2001 it was 11.2 per cent and in 2002 it is 10.4 per cent.

Matresky said another factor why the default rate is going down is because the criteria to receive OSAP has tightened up.

"It makes sense for the default rate to go down. It is harder for students to get a loan and the amount of students applying for OSAP is going down."

Janeen Hoover, associate registrar, said in a press release, "This record of improvement indicates that Conestoga continues to be committed to a number of important processes."

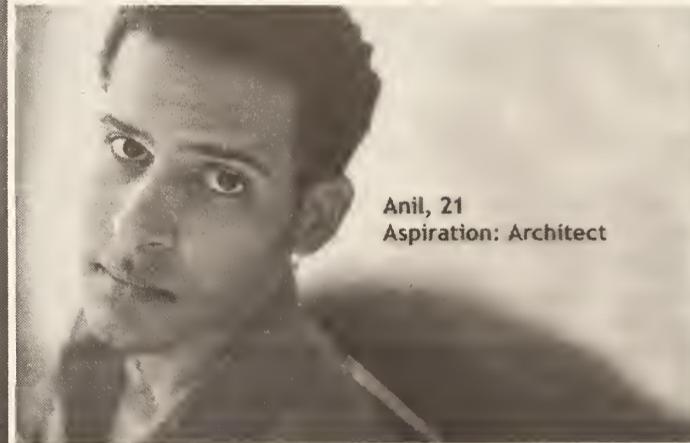
"We strive to ensure that those admitted to the college are well suited to their academic programs," she added.

"The target for 2004-2005 is 10 per cent or less overall," said Matresky, adding, "It would be my hope to be number 1 again."

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ROOM:		1D17		

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Commentary

Budget should not focus on military

The Canadian government has over-collected millions of dollars from employees and employers during the last fiscal year. Now the question remains, what does the government intend to do with all the extra money?

Will Jean Chrétien and Finance Minister John Manley finally put their heads together and target health care and education for extra funding? Will it go into farm subsidies, job creation or unemployment funding?

Probably not.

In fact, it's likely very few of the most deserving organizations will receive new funding in the upcoming February budget. Instead, the probable recipients of the largest chunks of money will be the Canadian military and defence organizations.

This is likely because of continued overseas threats from both Saddam Hussein and the Taliban. Many within and outside the government believe it's essential that Canada protect its borders by any means necessary. According to these individuals, the only way to make Canada strong and secure is to arm our military to the teeth, and to choke the skies and waterways with weapons of war.

This is not the way to ensure a steely and powerful Canada. A strong employment force, a solid economy and skilled, able workers make up a secure Canada. This is why a budgetary surplus should be funneled into education, social assistance programs and health care. These elements will ensure a strong Canada in both the event of a war or the absence of one.

Millions of dollars could be spent on strengthening the military. But the overseas crisis might be solved by diplomatic means tomorrow or next week. This would leave Canada with a well-armed, well-funded military, but underfunded school and medical systems.

Granted, the military is underfunded itself. And it's debatable if Canada could contribute anything significant to a war at this time, except peacekeeping efforts.

But if we're looking at underfunded items, than health care, urban transportation, child care, aboriginal programs and poor families should all be getting a piece of the budget pie too.

Fortunately, Chrétien has already announced that health-care funding will be a priority in the February budget. However, a squabble with provincial premiers over health care accountability is already casting the funding in doubt.

This is because Chrétien will allocate money to provincial health care, but only if he can control what the money will be spent on. And, the premiers, led by Alberta's vocal Ralph Klein, say they'll gladly accept the federal money, but not if there are strings attached.

It's impossible to fathom the premiers' thinking on this issue. The federal government is finally volunteering funds which could help mend the countrywide health-care shortage. But the premiers are thumbing their noses at the money because they must account for where it goes and answer to the federal government.

Would they rather those millions of dollars go towards new helicopters or M-16s instead? Which priority is more important to them?

It's essential the February budget be responsible and generous to education and health care. Chrétien must keep in mind that a safe, secure Canada isn't necessarily one protected by warships and armed soldiers. It can also be made up of employed, intelligent and healthy individuals. A Canada strong in these elements would be able to withstand both a war and its aftermath.



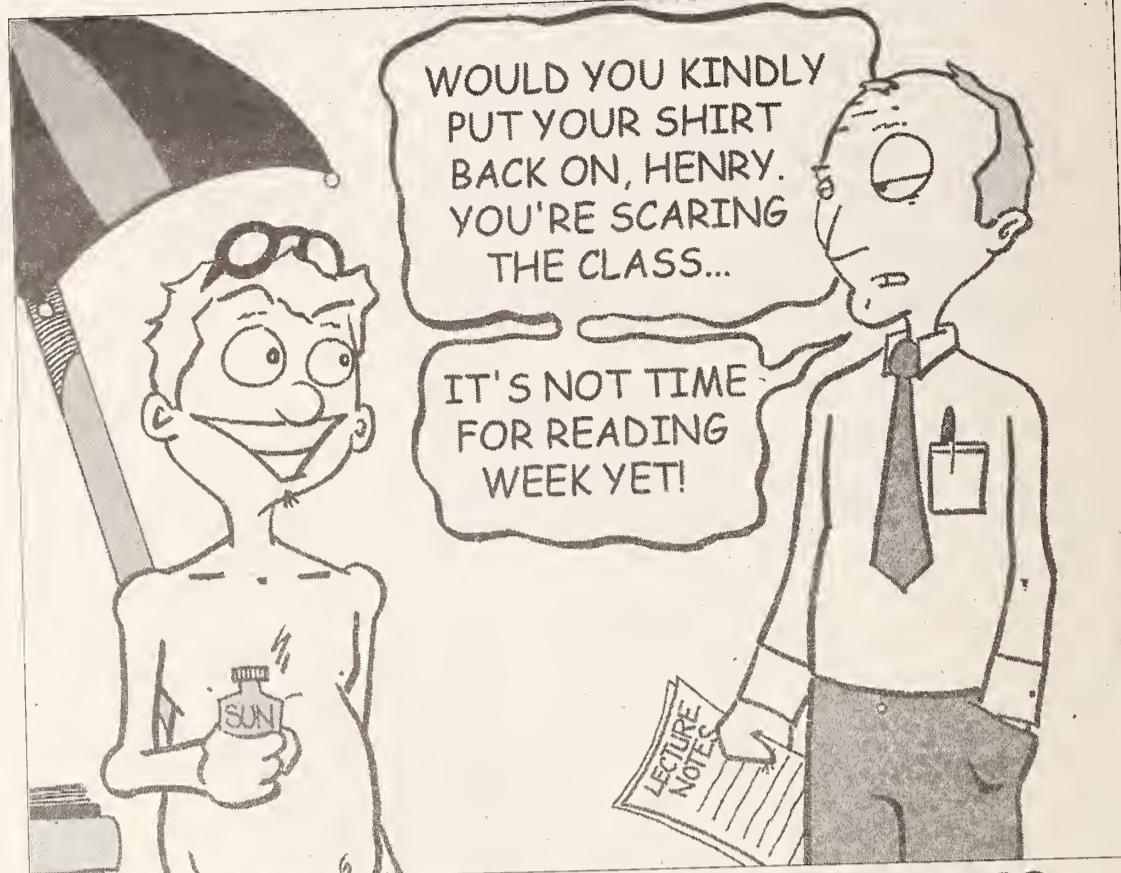
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No unsigned letters will be published. Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

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Is this the end of space travel?

On Saturday, Feb. 1, a tragedy struck, not just Americans, but people around the world. Seven lives were lost to space exploration.

By now, most of us know them by name. We know about their children, parents and spouses. They are heroes not just to the world of NASA, but to the medical-research world and to everyday citizens as well.

Israel and India are also in mourning. Kalpana Chawla had become a U.S. citizen, but was seen as a hero in her homeland of India. Israel mourns the loss of Ilan Ramon, its first citizen to go into space. We lost the spirits of Michael Anderson, David Brown, Laurel Clark, Rick Husband and William McCool.

As of press time, NASA had not officially declared the reason space shuttle Columbia broke into pieces as it entered the Earth's atmosphere, only minutes before landing. There are many theories. The most prominent one is a concern over a piece of insulating foam which struck the left wing just after liftoff.

We may never know what really happened, but concerns over the future of space travel are prominent.



Michelle Taylor
Opinion

I have no doubts manned missions into space will continue. A CNN, USA Today, Gallup poll conducted the day after the tragedy, showed 82 per cent of Americans believe manned space-shuttle flights should continue. But, should it?

Don't get me wrong. I am fascinated by the "great beyond." I have always been interested in astronomy and I would love to know for sure that there is life beyond this planet, but space exploration costs billions of dollars. An Inside Edition report in 1999 showed that an overhaul of space shuttle Columbia to inspect every tiny wire cost approximately \$70 million.

A Feb. 2, Canadian Press news story reported NASA did have safety concerns because of budget cutbacks and a growing deficit. With an aging fleet (some shuttles like Columbia are more than 20

years old) the space program was working on what little they had.

It will take millions of dollars to build new shuttles and upgrade NASA's fleet. Millions of dollars that could be used to feed and shelter the estimated three-million homeless people in America alone.

Space travel is a miracle. The fact that we can send a piece of metal with people in it into space and return safely so many times is remarkable. Unfortunately, tragedy is what sparks human interest.

As I watched events unfold live that morning I was, along with many others, reminded of the tragedy of the Challenger space shuttle in 1986, where seven astronauts were lost during liftoff.

Just like after Challenger, space travel will go on. The seven astronauts of Columbia will be remembered and honoured as new missions begin.

Hopefully, the American government will someday get its priorities straight. With an uncertain economic future and war imminent, there may be no money left for the homeless or space exploration, but by then it will be too late. All will have been lost.

Spoke

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Alumni services moves downstairs

By CARRIE HOTO

The alumni services office has moved downstairs.

They are now located on the first floor, in 1B04. Monica Himmelman, alumni services officer, said this is an improved location. "For sure it's better for the students; we're close to the cafeteria."

However, she said alumni services will have to be a little more proactive now. "We were right in the thick of things upstairs. We had a natural flow of students. Now we will have to go out and get them."

Their other office was close to Tim Hortons and there was always a steady flow of students.

Alumni services moved on Jan. 30 because co-op was expanding. "We (alumni services) are part of co-op education and career services," she said, adding, "They needed our space so they could stay together up there."

The new alumni services office has two people in it; Himmelman and Margie Williams, alumni assistant. Their previous office had four people in it; two alumni staff and two co-op staff.

"We have twice the space here. When someone comes in (the

office) we're not standing on one another," Himmelman said, adding, "If we have an executive meeting we can meet in here."

Himmelman said she misses working upstairs with all the people, and she misses her window. "Overall, I like it just fine down here and once we get all settled it will be great."

Alumni services' phones weren't moved until Feb. 5 and they have yet to get a printer. All in all, Himmelman said the move has been a little hectic, but things will settle down after they get their phones put in and once they add their personal touches.



(Photo by Blake Gall)

Violet Boutilier, co-op adviser (left to right), Monica Himmelman, alumni services officer, and Margie Williams, alumni assistant, pucker up for Sealed with Alumni Kisses. Carnations, being sold on Feb. 14, will help raise money for the alumni association.

Shockwave.com offers free entertainment

If you are suffering from complete boredom, then visit the Web site www.shockwave.com.

Whether you are at home, work or at school waiting for class to start, the Web site contains plenty of entertainment.

With more than 2,000 games, films and animation titles, there is something there for everyone.

If you are into puzzle games, they have a good selection of jigsaw puzzles and word games.

They also have a lot of unique games like Bug Juice, where you have to arrange the coloured bugs into matching groups to stay on the road and get points.

Action and adventure games include Tamale Loco: Rumble in the Desert II, one of my favourites. In order to complete the levels you



Andrea Smith
Opinion

have to collect the ingredients of a burrito (cheese, peppers, vegetables, etc.) for points and kill the bad guys.

The Web site also has 3D games like Hit the Pros 2002, a baseball game, Gutterball 3D, a bowling game, and more.

If you want to watch a film, try the romantic comedy Mutual Love, directed by Robert Peters, or the family film Lonesome Joes, directed by Mark Sawers.

Groove Blender 2, found in the music section, can also be amusing. You can blend beats and instruments together to make your own soundtrack.

The best part of the Web site is that the entertainment is free. The only requirement is you must have the Macromedia Shockwave Player, a free download.

The Web site is accessible, organized and eye-catching. The only downside to the site is the advertising.

The founder and CEO of Shockwave.com, Mika Salmi, has done a great job creating an outstanding site for people who have nothing to do.

I give this Web site four and a half out of five stars because it is fun and exciting!

Pucker up for alumni

By BLAKE GALL

inside them," Himmelman said.

All of the money raised goes to the alumni association, which uses the proceeds for bursaries, equipment and awards at the school.

This Valentine's Day make your way to the foyers of Door 3 and 4 on the second floor of the Doon campus to find the solution.

The alumni association at the college will be setting up SWAK (Sealed With Alumni Kisses), a table selling carnations for that special someone in your life.

Monica Himmelman, alumni services officer, will organize the fundraiser to raise awareness about the alumni association.

"Carnations will be sold for \$3 and include a sweet treat tucked

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Looking forward to seeing you there!

From the Sanctuary

"Living healthy is up to you"

That Kraft Dinner and hot dog is so good for you, you should eat it every day for a semester. No wait, a semester isn't enough, an entire year should be fine. Well eating Kraft Dinner and hot dogs all year long will certainly keep some money in your pockets, but they won't exactly lend themselves to leading a balanced, healthy lifestyle.

Adding copious quantities of beer, liquor, cigarettes and marijuana doesn't really solidify a healthy lifestyle either.

By living that lifestyle, your health will most likely bottom out. And by extension, your marks will decide to take a vacation too.

It's a nasty cycle students live through, but it's so attractive because everybody seems to do it once in their life. There's something to be said about being a student. But if being a student means that you have to give up your health, then maybe it's time to re-evaluate the lifestyle of a student.

Like it or not, you need to sleep. It all starts with getting solid rest, because if you can't keep your eyes open in the classroom, chances are you will not do well in your studies. With plenty of rest, eating properly helps keep you in school.

Fast food on campus is so easy to eat. But it's not exactly the most healthy alternative out there. A salad, soup, stir fry or even something you bought at the grocery store can be a healthier alternative than fast food. Every once in a while it's great to have that burger, but eating it every day won't keep the pounds off.

Exercising, however, does keep the pounds off. But exercising doesn't mean just hitting the gym and pumping iron until you are huge and ever-impressive like Arnold Stallone or Vin Diesel. Exercising means walking across the road to the convenience store or taking the stairs instead of the elevator. Flexing your muscles by drinking your beer doesn't exactly qualify as exercise.

Healthy living doesn't require that students have to shut their lives down or sequester themselves in their rooms in front of their books. Rather, to live a healthy lifestyle, students need to balance everything.

It's a lot to ask of a student, it really is.

But at the same time, students at Conestoga seem adept at balancing school and partying. Making small changes to lead a healthy lifestyle isn't as bad as everyone makes it out to be. It's a simple choice, far easier than choosing what college to go to.

The worst thing that happens by leading a healthy life is you change your old habits. There are too many positives to count if you make that change.

The choice is yours, but Kraft Dinner and hot dogs for dinner every night might not be the best choice to make.

A message from Conestoga Students Inc.

Top 2002 commercials playing at local cinema

By VALENTINA RAPORT

Today many people groan at the thought of commercials.

They are known to take up precious time that could be better used watching the rest of your favourite shows. But then you see it. It's a commercial that makes you laugh or cry and leaves you asking, "How do they come up with this stuff?"

The film, 2002 International Cannes Advertising Festival, has finally arrived at a local cinema. Playing at the Princess Cinema in downtown Waterloo from Feb. 14 to 26, it features the best commercials of 2002. Now in its 49th year, the presentation features a total of 99 commercials from: Canada, U.S., U.K., France, Argentina, Singapore, Australia, Sweden, India, Spain, Korea, Brazil, Hong Kong, Japan, Norway, China, Italy, Belgium, Germany, New Zealand, Netherlands and South Africa.

The first festival was held in 1954 in Cannes, France. It then moved

back and forth from Cannes to Venice, Italy for many years. In 1984 Cannes was finally established as the city where the festival would be held annually.

Each year more than 16,000 entries are received by the judges.

Each commercial chosen as a winner is placed into one of three categories, bronze, silver or gold. The Grand Prix (top prize) is then given to the top gold winner.

Canada came out a winner placing spots in both gold and silver for two different Bud Light commercials.

The commercials chosen advertise a variety of products from Durex-flavoured condoms to Ikea furniture. Along with products, health and safety message commercials such as violence against women, anti-smoking and safe driving are also included.

An anti-smoking, commercial for the Florida Department of Health definitely cries uniqueness. Winning a gold award, it featured

actors playing the role of tobacco company big wigs and a group of young concerned teenagers who unite and perform a shocking musical about the effects smoking can have.

While the products and messages advertised vary, each commercial has one thing in common, it displays creativity at its best. Instead of telling people to wear their seatbelts, one company decided to instead show why.

A car accident scenario where all the car passengers are motionless starts the commercial off. After a few moments, images of spirits are seen slipping upwards from the bodies towards the sky. Only one passenger, who is wearing his seatbelt, regains consciousness.

While other ads were packed with humour, emotion, or music, the Grand Prix winner, titled Tag by Nike, combined both funky music, originality, action and a built-up ending that screamed genuineness.

Student planning artistic showcase at residence

By KATE D. VANDEVEN

If you're seeking to show off your artistic talents, then you need look no further.

A student at the Conestoga Residence and Conference Centre is holding a coffee house for all students in residence who want to display their artistic side.

Whether you can play an instrument, sing or read poetry, this event is for you.

A coffee house is a casual setting for people to come and perform. Candles, dim lights, and, of course, coffee, make up the decor of the event, where all you need to do is

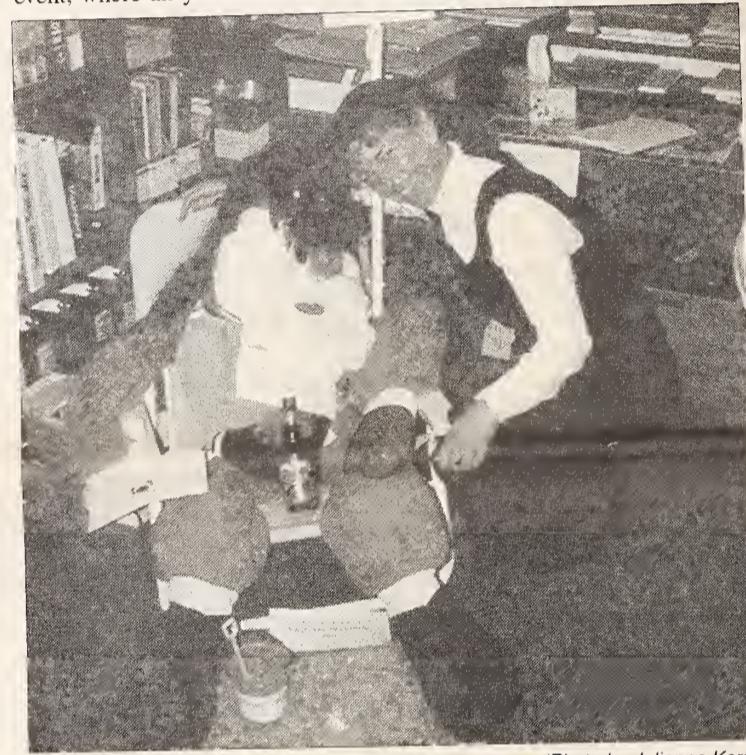
sit back and relax.

Justin Bos, a first-year mechanical engineering student, said he decided to hold the event because of the lack of live music in the area. He said not only do the students in residence have talent, but he is in music withdrawal.

Bos plays the guitar and sings and has been seriously into music since Grade 9.

He has played in coffee houses before and is planning on doing some solos at this one.

Residence has no problem with running the event, which Bos hopes will happen a few days before reading week.



(Photo by Julianna Kerr)

Warm welcome

Conestoga employee Marg Airdrie returned from a week in the Dominican on Jan. 27 to find her office decorated by co-workers in the academic administration office (Room 2A101).

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School of Health & Community Services - Titia Taylor	ext. 3392
School of Health & Community Services - Stephanie Futher	ext. 3905
School of Trades & Apprenticeship - Greg White	ext. 3831
Chair, Professional Development - Edith Torbay	ext. 3381

Nominations open on January 13, 2003
Nominations close on March 14, 2003

Chicago brings the magic of Broadway to silver screen

By REBECCA LEARN

For those who love Broadway, but can't afford the pricey tickets, Chicago is a great movie with Broadway flair.

The film offers singing and dancing with many scanty black costumes, which are a trademark of shows directed by Bob Fosse.

Richard Gere, Renée Zellweger, and Catherine Zeta Jones shine as well, with some hidden vocal talent and great dancing.

The movie is about a woman named Roxie Hart (Zellweger) who is cheating on her husband.

When she finds out that her secret

lover has been constantly lying to her, she kills him and ends up in jail.

This is where she meets another woman named Velma Kelly (Zeta Jones) and acquires a lawyer named Billy Flynn (Gere).

Flynn's plan is to make her so famous that no one will want to see her hanged for her crimes.

So what happens to her?

The only way to find out is to go watch the film.

However, this does create a whirlwind of events which keeps the movie fast paced and exciting.

Somehow, they manage to intertwine all the dance numbers

together with the film's plot.

This can be a little bit distracting at times, but for the most part it achieves the goal of making a movie that looks like a real stage show.

For those who are fans of Gere, there is one dance scene where he strips down to nothing but his underwear.

For fans of Zeta Jones or Zellweger, there are also many scenes with them where there isn't much left to the imagination.

Overall, this is an action-packed film based on an award-winning musical and if you love Broadway, you'll love Chicago.

Conestoga Christian Fellowship

Bible Study

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Where: 1D17

For all interested or with questions. Enjoy the fellowship of friends.

Horoscope

Week of February 10-16


**Happy
Birthday
Aquarius**

A sudden change in thinking or an unexpected event could disrupt the plans you had made for your birthday. Rescheduling won't be a problem, so just look forward to celebrating anyway you can.


Aries

March 21 - April 18

An authority figure will try to make changes to the way you like to do things. It's best to let him or her think she or he is winning.

Luckiest day: February 12.


Taurus

April 20 - May 20

Unusual dreams and thoughts may seem disturbing over the next while. Try to write down anything you remember; it might come true.

Luckiest day: February 13.


Gemini

May 21 - June 21

A younger person may try to cause trouble for you. Just let them know you are in charge of the situation and ignore them the best you can.

Luckiest day: February 10.


Cancer

June 22 - July 22

If money is tight right now, make sure you weigh every decision about spending it. An unexpected bill could catch you off-guard.

Luckiest day: February 12.


Leo

July 23 - August 22

You are going to be looking at things much differently over the next while. Something new and exciting is in store for you.

Luckiest day: February 10.


Virgo

August 23 - September 23

Money and expenses are coming in on an equal basis. So don't spend on anything frivolous until your financial situation settles down.

Luckiest day: February 16.

RECOGNIZE THE SIGNS OF STROKE WHEN YOU SEE THEM.

VISION PROBLEMS

Sudden loss of vision, particularly in one eye or double vision.

HEADACHES

Sudden, severe and unusual headaches.

WEAKNESS

Sudden weakness, numbness and/or tingling in the face, arm or leg.

TROUBLE SPEAKING

Temporary loss of speech or trouble understanding speech.

DIZZINESS

Unsteadiness or sudden falls, especially with any of the above signs.



Seek immediate medical attention if you have any of these symptoms.

**Comedian tickles students' funny bone**

By HALLEY MCPOLIN

The familiar sound of laughter rang in the Sanctuary once again as comedian Jean Paul presented his own brand of island comedy, Jan. 29.

Introduced as "one of the funniest black men you'll ever see," the Trinidad-born comedian cracked jokes ranging anywhere from race-related and sexual comedy, to jokes revolving around drug use. No matter what the topic, Paul managed to take a controversial spin on everything.

"People will come up and tell me, 'You're pretty funny, but you didn't need to go here,'" said Paul in an interview after his show. "Some people can get really offended."

Paul apparently likes to get close and personal with his audience, encouraging audience participation by asking questions like, "Do you smoke weed?" When the victim — or volunteer — in question shyly nods in response, Paul quickly takes the opportunity to promote his drug of choice: marijuana.

Some of his material included reasons why you cannot mix drug users on a social level the same way as alcohol. "A pot-head simply cannot carry out a conversation with a crack-head," said Paul. "One minute (the pot-head) will be talking theoretically about 'if you flap your arms hard enough you can fly,' and the next ... the crack-head has disappeared off the ledge."

Although the college-level audience appeared to relate rather well with the act, at times it seemed to cross a line even with them. When Paul began describing sexual positions and practices, the audience participation dwindled. Apparently being asked, "How many ladies in here have sex?" doesn't get much response. At one point, Paul got comfortable with a couple of female students who were forced to participate because they had chosen a seat on the stage ... and in the direct line of fire. The more uncomfortable the young women on the couch were, the more the audience enjoyed the performance.

When asked whether or not today's political correctness has hindered the comedy field, Paul said he has gotten in trouble after shows by sensitive audience members. He's included a bit in previ-



(Photo by Halley McPolin)

Comedian Jean Paul performs his unique island comedy to a student audience in the Sanctuary on Jan. 29.

ous shows in which he pretends to be fighting with boxer Mike Tyson. He acts out the fight, saying because Tyson is so animalistic he would be crippled as a result, and consequently he imitates a physically challenged person.

"I don't do it to make fun of anyone," notes Paul. "I'm just trying to make a point to paint a picture and people will say, 'That's so mean!' You simply have to remind people that it's just comedy."

Paul believes political correctness has gone too far and is not allowing people to be themselves.

"You shouldn't have to tell people to be nice to others. We should be treating people with respect regardless of backgrounds or where you are in life. I think it allows comedians with their own point-of-view to say 'to hell with your political correctness, this is what I think.' It forces people to think the way others want them to. I believe people should be free to express themselves any way they want to, as long as it's not hurting anyone else."

Paul began his career in the comedy field in 1995 with the help of friends and fellow comedians Russell Peters and Kenny Robinson. Starting off at comedy clubs such as Yuk Yuk's in Toronto, Paul eventually moved into more serious ventures, including writing for the Comedy Network's After

Hours. He has also been a correspondent on Phat TV, acted on the CBC special Thick and Thin and has had a reoccurring role on the Comedy Network's Buzz Show as Fluff E the Hip-Hop Bunny.

"I was approached about the show," said Paul of his role. "They said, 'Hey, you wanna put on a bunny suit and walk around?' and so no one can see who is in the costume. You have this contrast between a big, pink, fluffy bunny and this profanity coming out of his mouth. People are horrified."

Paul says his family is just getting used to his career choices. "Now they're pretty happy because they can see I'm doing stuff with it. My parents weren't too enthusiastic at first ... my dad wanted me to go into marketing. Being from the Caribbean, this is not a traditional Caribbean job. My parents since they immigrated from Trinidad to come to this new country to give me opportunities and here I am, just wanting to tell jokes."

Paul has travelled across Canada and around the world performing his act. "The coolest part of this job is that I've been able to go all over this beautiful country of ours, coast-to-coast. My first show there was in front of 12,000 people in a stadium — that was one of the adrenaline highlights of my career to date."

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Viruses affect more than people

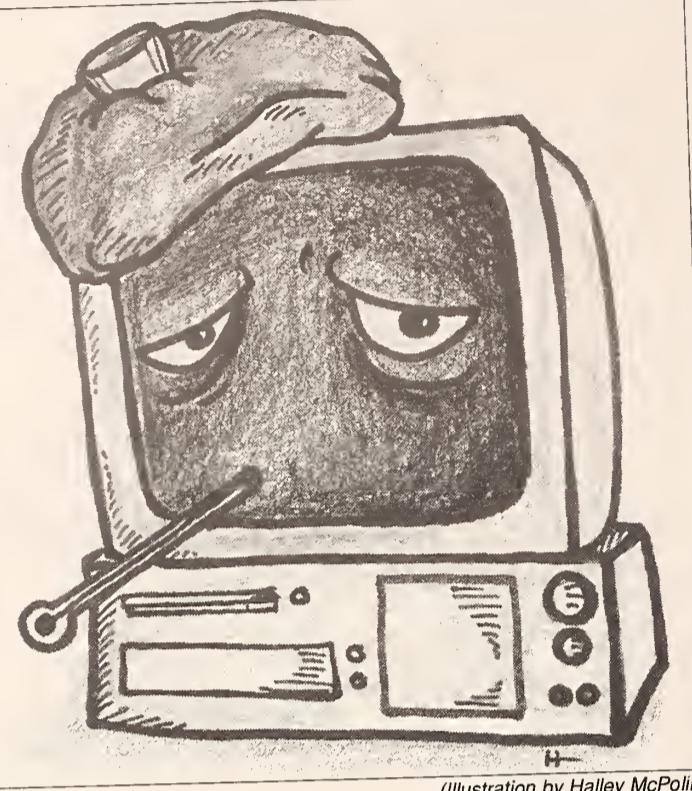
By HALLEY MCPOLIN

You feel queasy, have a headache and break out into a cold sweat ... a virus is to blame, but it's not your system that's being affected. It's your computer.

Computer viruses are aptly named because they share similar characteristics as human viruses. Computers can "catch" a virus in the same manner, passing it along to other computers. As well, a biological virus needs to employ an existing cell's devices in order to reproduce itself once infected. This is because it is not a living organism. In the same manner, a computer virus has to utilize another document, program or file in order to become executed.

Once executed, a computer virus can be anything from a mild annoyance to the user, to having a devastating effect on the system. In March 1999 we saw just how vulnerable our systems can be when the Melissa virus infected one of the world's biggest networks, Microsoft, causing them and several other large corporations to temporarily shut down their e-mail systems. Similarly, in May 2000, we saw the ILOVEYOU virus create havoc among computers along with much media attention, usually the sign of a successful endeavour for the creator. Considering the technical simplicity of both viruses, it's frightening to think what a more complex one can do.

A virus is a type of code that is attached to another program. Once downloaded, usually from the Internet — the virus's most fertile breeding ground — the virus will search for other programs on the user's hard disk to infect. Once



(Illustration by Halley McPolin)

found, the virus will modify that program to add its own code and then launch the newly formatted program. The virus has now duplicated itself and is infecting two programs. From this point forward, every time the user opens one of the infected programs, the process repeats itself. Not only is the user infected, they can unwittingly infect other users by uploading infected programs onto the Internet or by sharing via a floppy disk.

Although the infection is now spreading, there isn't any real damage being done besides the reproduction of the virus. Unfortunately, viruses usually have a more

destructive purpose, which is triggered by something in particular such as a date. This is the attack stage of the virus. Once activated, the attack can be so devastating it can erase the user's hard drive altogether.

E-mail viruses tend to make sure they are not forgotten after the "death" of the computer. Once opened, the e-mail virus (often in the form of a document) has the ability to send itself, by way of e-mail, to addresses listed in the user's address book. Because the recipient of the e-mail assumes it's from a friend and it's usually carrying a friendly message, they open

the document. Once they do, the cycle begins again; the virus spreading itself by means of that user's address book. This is why e-mail viruses, such as Melissa, can be so devastating: they are simply too fast to control.

A worm is a program that usually infects computer networks by means of a security hole. Copies of the worm will scan systems on the network with a particular security hole and then reproduce itself on that machine. In this way, a worm can copy itself extremely quickly, especially on large networks or the Internet.

In 2001, a worm called "Code Red" made headlines when it was expected to hinder the Internet so efficiently that the Net would crash entirely. While duplicating, the worm uses up network bandwidth and computer time, usually slowing down the system. While on the Internet, Code Red did manage to slow things down when it began replicating, but not to the point of total shutdown. Code Red scanned for users with Windows 2000 or NT that hadn't had a certain security patch installed. Once activated, the worm had three purposes: to replace Web pages on corrupted servers with a message stating, "Hacked by Chinese," replicate every month for the first 20 days, and wait for a particular hour in which it would connect to the official White House server and overwhelm it.

The White House managed to prevent the attack by changing its IP address and warning all users of Windows 2000 and NT of the threat. Users would then install the security patch they needed and the threat was eventually terminated.

A Trojan horse is also a computer program that disguises itself as something other than what it is. Often it will take the form of a game, but when run it will damage your system, sometimes by wiping clean your hard drive. They do not reproduce themselves automatically like other viruses.

There are several ways you can protect yourself from computer viruses. The most obvious is to avoid downloading programs from the Internet and opening suspicious-looking attachments on e-mail messages. Of course, most people who are connected to the Net are not willing to follow such practices, so installing anti-virus programs such as McAfee or Norton are a fairly safe bet. Also, you should enable the Macro Virus Protection on Microsoft applications. This can be found in your Windows options under the general tab — simply check the appropriate box at the bottom.

It is important to be aware of everything you are downloading as a computer virus can not only do damage to your system, but also endanger any other systems it may come in contact with through your computer. Most of the "virus warnings" sent through e-mail are hoaxes and nothing to be concerned about, however, viruses are always out there and can be an aggravation you can do without. The Web site www.vmyths.com is worth checking out because it has an up-to-date list of virus warnings, hoaxes and what to look out for. The Urban Legends Reference Pages, found at www.snopes.com, is another good site as it has an extensive section dedicated to urban myths regarding computers and computer viruses.

Computer virus hits corporations

By REBECCA LEARN

Local businesses weren't impacted as badly as corporate offices when an unexpected computer virus hit networks.

The virus known as the SQL Slammer used a program called Microsoft Windows 2000 SQL to spread repeating computer codes through data servers which, in turn, shut down Web servers around the world.

It hit Jan. 25 and created problems for many large corporations and businesses throughout much of the day.

"Anything that required the Internet was really unavailable from early Saturday morning to about 5:30 in the afternoon," said Beja Rodeck, senior manager of media relations at the Royal Bank of Canada corporate office in

Toronto. She said they had problems with their online and telephone banking systems, but their ABM and point of sale systems, which are the debit terminals, weren't affected significantly.

"The branches that were open on Saturday really operated under their own normal steam," Rodeck said.

Many other banks suffered during the Slammer's reign of confusion. "RBC's telephone and online banking systems were down for hours, and some CIBC (Canadian Imperial Bank of Commerce) and BMO (Bank of Montreal) cash machines worked sluggishly or not at all."

Toronto-Dominion Bank also had problems but gave no details. The Bank of Nova Scotia said its systems were unaffected by the virus, as quoted in the Jan. 27 issue of

The Globe and Mail

Rodeck said to help keep customers safe if this happens again, their company has "a multitude of checks and balances," as well as state-of-the-art security systems to keep customers' assets and personal information secure.

"Anything that required the Internet was really unavailable..."

*Beja Rodeck,
media relations, Royal Bank*

She said the systems actually detected this virus in time to shut down the systems, so no further damage could be done.

"There were patches and things to implement the checks and bal-

ances to make sure the system was fixed," Rodeck said, adding they checked all the systems to make sure there were no further problems.

The Microsoft program was made in such a way that this virus could be spread through it. But, "Microsoft re-released a patch for the vulnerability, which was first issued about six months ago, with software to make it easier to install than the original patch was," said Scott Charney, Microsoft's chief security strategist in the Jan. 27 issue of the Toronto Star.

Department stores and other businesses with debit machines were also hurt by the effects of the virus. Many customers with credit cards and debit cards were either turned away or forced to pay cash for their purchases.

Roger Wicks, information tech-

nology (IT) analyst for the Sears Canada corporate office in Toronto, said, "I heard that our guys at the data centre were scurrying around all weekend, bringing things down, putting the patch on and bringing it back up again."

Wicks was optimistic, though, saying that they were able to fix everything and put the patches on from Microsoft, and soon they were "back up and running again."

Local businesses such as Sophie's bridal shop in Kitchener, Hobby and Toy Central in Cambridge and Edelweiss restaurant in Kitchener said that they did not experience any problems because of the virus.

Conestoga College was not affected by the virus because the college does not use the SQL servers, which was what the virus attacked.

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A seasonal treat for a healthier lifestyle

By BLAKE GALL

Winter arrives and we say goodbye to fresh grapes and strawberries.

In place of them we often welcome potato chips and chocolate bars.

However, healthy eating is possible from January through to December. It's called seasonal eating and it's easier than you think.

"It means eating locally grown fruits and vegetables and choosing foods that are in season," explained Ellen Desjardins, nutritionist for the Waterloo Community Health Department.

Eating these foods gives us a variety of meals that are high in vitamins and help us lose weight.

Currently, root vegetables such as turnips, carrots, beets, parsnips, beans and squash are all in season in Ontario. Apples are also in season which adds a fruit to our daily diet.

Seasonal eating helps maintain healthy eating habits all year round while supporting local farmers. Ontario is a fertile land that produces many fruits and vegetables.

"Locally grown foods are safe, nutritious and environmentally friendly," Desjardins said.

The amount of gasoline used in the planes, trains and transport trucks to import foods, such as

bananas and kiwi, from tropical countries are contributing to global warming and air pollution.

They require more preservatives to stay fresh through the travelling process and, therefore, aren't as healthy as foods available in our own backyard.

"While at the grocery store pick foods that come from Ontario first, Canada second," Desjardins said.

Produce grown in Ontario is clearly marked in the grocery store making it easy to find. These foods aren't as preserved as those coming from Australia or South Africa and they taste just as delicious.

The Canadian government only tests a small portion of imported produce so it is often unknown what pesticides are actually on the food.

These pesticides are obviously not healthy in comparison to a freshly picked apple or turnip from the Niagara region.

Desjardins explained that currently 75 per cent of Canada's produce comes from other countries. With such fertile land it seems obscene to require so many outside sources to provide our nourishment.

Also, supporting other countries can have negative effects on their land. Foreign countries that are known for producing one fruit or vegetable end up destroying their



(Photo by Blake Gall)

Fresh, locally grown vegetables such as cabbage, turnips and onions line the shelves at grocery stores. All these vegetables are healthy and in season.

farms to provide that crop for other countries.

When one food is grown consistently in an area, the soil is stripped of the nutrients needed to survive. In turn, the soil loses its ability to grow crops and nothing else can be produced.

Along with that is the fact that some foreign countries rely so heavily on trade of their food that they fail to grow a variety of crops to provide for themselves. Instead, they focus on the cash commodity that their farms have become.

Constantly investing in foreign

produce has put some small Canadian farmers in danger of losing their farms and their livelihood.

Locally grown foods can often be stored in the fall to last through the winter when growth is difficult due to weather. Desjardins pointed out that tomatoes can be stored in Zip-lock bags and frozen, as can berries, apples and other local fruits. They taste a little different when they are thawed out but if you bake them in a pie they have the same nutritional value. Corn is another vegetable that can be frozen in the fall and kept for the winter.

Seasonal eating is somewhat of a trend that many other countries have adopted. European countries grow a variety of foods and live off of them year round to maintain a healthy diet and support the local economy.

Another bonus about eating local foods is the cost. Imported foods are more expensive but not always as good. Eating homegrown foods helps save a few bucks.

Buying local foods helps our economy, keeps us healthy and gives farmers the message that we enjoy the diversity of foods produced here in Ontario.

Bursary program offers experience of a lifetime

By SHANNON McBRIDE

It's bitterly cold outside and the last thing you may be thinking about is your summer vacation. But you may not want to put it off much longer.

An incredible and practically free trip awaits you. After paying for everything for yourself all year long, it must sound good to know it's the government who will pay for this time.

That's right. The federal government offers a program each year to Canadian students called the Summer Language Bursary Program.

If you are a full-time student and a Canadian citizen, the federal government will pay for you to travel to one of several Canadian cities for a five-week French language course. All you have to do is pay for your transportation to that city.

You may be thinking that the last thing you want to do is spend five weeks of your summer learning French, but believe me, there is much more than the classes to look forward to.

Two years ago I participated in the program. I paid for my train ticket to a quaint and primarily French-speaking town called Chicoutimi in Quebec. The rest of the trip was free. I stayed with a French-speaking family who fed me and did their best to make me feel welcome.

During the first week, we were

tested on our knowledge of the language and placed in a class that would help us to learn at our own level.

The mornings were reserved for class time, but every afternoon there were a variety of activities to choose from.

Some of the options were rock climbing, mountain biking, playing soccer, swimming, and working on the journal that would be presented to all the students at the end of the five-week period.

During the program there were several opportunities for weekend trips.

With the university in Chicoutimi, we could go whale watching in the Gaspe Peninsula, spend a weekend in Quebec City or take a bicycle trip to Jonquiere, a neighbouring town.

Of course, not all schools would offer the same trips. Much to my surprise, there are French schools all across Canada.

Though the majority of the programs are offered in Quebec, there are also programs offered at schools in Alberta, British Columbia, Manitoba, Nova Scotia and Saskatchewan.

Applying to the program is easy and only requires a photocopy of your birth certificate and your social insurance number, plus the completed application.

The application can be downloaded from www.cmec.ca/olp. All applications for this summer are due Feb. 15.

From your secret valentine

By IZABELA ZARZYCKA

Most people celebrate it every year with flowers, gifts and candlelight dinners.

Valentine's Day is a time when lovers show their emotions and feelings through store-bought or handmade items. But where did this Feb. 14 celebration come from?

According to a history of St. Valentine's Day Web site, www.pictureframes.co.uk, this holiday started in the time of the Roman Empire. During the ancient Roman times, Feb. 14 was a day when Juno, a queen of the Roman Gods and Goddesses, was being honoured.

It is called St. Valentine's because it honours a priest who



served during the third century in Roman times according to an article called the history of Valentine's Day found on the Web site, www.historychannel.com.

During the Roman times Emperor Claudius II was the ruler of his empire. He thought that single men would make better soldiers because he felt they would be more loyal to the army if they didn't have wives and children. Therefore, he outlawed

marriage for young men.

Saint Valentine thought the Emperor's decision was wrong and he secretly performed marriages. But when his actions were discovered, Claudius ordered the death of Valentine.

The priest fell in love with the jailer's young daughter who would visit him often, while he was in jail awaiting his death.

The article says, "According to one legend, Valentine actually sent the first valentine greeting himself."

It goes on to say that before his death he wrote a letter to his loved one, which was signed "From your Valentine." To this day people sign their cards that way and give them to their loved ones.

COUNSELLOR'S CORNER: Relationships

Being a student and in a committed relationship can bring enjoyment and pleasure and also feel conflictual in terms of responsibilities and demands on time. A healthy relationship is more likely to withstand the pressures and changes that being a full-time student brings. A local Individual, Couple and Family Therapist, Barbara Pressman, developed a list of primary principles for a healthy relationship.

Here are a few paraphrased ideas:

Respect for the other person -- no put downs, no insults, appreciation of different needs and beliefs and recognition of the possible need for separate as well as together time.

Safety is of utmost importance -- no emotional or physical violence. If there is even fear, there already is hurt.

Caring behaviour and emotional support such as listening without judging or blaming and encouraging each other's interests.

Inclusive decision-making regardless of earnings, compromising differences avoiding a win/lose result.

Open communication including the capacity to share feelings, to be listened to attentively, without giving advice (unless sought), and willingness to be assertive about expressing needs.

Communication includes affection and sexual expression.

These need to fit the needs of each couple and be mutually satisfying.

The counsellor at your campus is available to assist you with relationship issues.

A Message from Student Services (Room 2B02)

Highlights from the polar plunge



(Photo by Denis Langlois)



(Inset photo by Marcy Cabral)

(Photo by Denis Langlois)



(Photo by Denis Langlois)



(Photo by Denis Langlois)



(Photo by Denis Langlois)



(Photo by Valentina Rapoport)

Second-year nursing students had some fun on the ice rink created outside the college by the CSI as part of its annual Polar Plunge festivities.



(Photo by Denis Langlois)



(Photo by Denis Langlois)

Jay Jeong, 31, makes his way out of the water after taking part in the polar plunge on Jan. 30.



(Photo by Denis Langlois)



(Photo by Marcy Cabral)

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This summer consider working in our clean, safe, state-of-the-art water bottling facility. Join a team of friendly, motivated employees and learn about one of the most exciting new industries in the Canadian marketplace. You will receive a competitive rate of \$12 an hour and an end-of-contract bonus. Shift work and overtime will be required.

Nestlé Waters Canada provides superior natural spring water products with an emphasis on service and quality. Our products include Perrier, San Pellegrino, Aberfoyle Springs, Vittel, Montclair and A. Panna. Excellence in customer service, employee relations and environmental protection has promoted phenomenal growth over the past ten years.

Do you have a strong work ethic and a desire to work in an environment that promotes respect, equity and teamwork? If so, please apply to:

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RR3, Guelph, ON N1H 6H9
Fax: (519) 763-5046**

For more information on our company, visit:
www.nestle-waters.com

Only individuals selected for interviews will be contacted.



Healthy Lifestyles Week is here!

Learn what you need to know to lead a healthy life as a student at Conestoga College

February 10

Healthy Lifestyles Week

Healthy Nutrition Day - Being a student isn't all about partying, eating pizza and drinking beer every day. Information will be provided to students to show them how to eat better while being a student in college.

February 11

Healthy Lifestyles Week

Dating Girl with Josey Vogels (11:30 - 1:30) - Josey is one of the top sex columnists across Canada. Her column "My Messy Bedroom" opens doors and breaks down barriers to any sexual topic. No question is taboo. If you want to know more sex and how to have fun doing it, you can't miss Josey!

February 12

Healthy Lifestyles Week

HIV/AIDS Awareness (11:30 - 12:30) - ACCKWA will be providing students with the opportunity to know more about this killer disease. Students are encouraged to find out how to protect themselves from getting sick, and lead a healthy sexual life.

February 13

Healthy Lifestyles Week

Norman Nawrocki "I Don't Understand Women" (11:30 - 12:30) - A combination of humour and honesty will give students more insight into how not to get into trouble. A definite can't miss show.

February 14

Valentine's Day

Sealed With Alumni Kisses - A tradition at Conestoga College, the Alumni Association will be selling carnations on campus to be given to loved ones. All funds raised will go towards the Alumni Association.

The fun and pleasure begins Monday in the Sanctuary

C O N E S T O G A
S T U D E N T S I N C.

Exotic dancer enjoys strutting her stuff

By SINEAD McGARRY

The lights are dimmed, the music is turned up and the men are hollering — it's time to start the show.

For Montana, exotic dancing is a full-time job that helps her pay the bills and support her family while upgrading her high school education.

Kim, who didn't want her last name published, chose the stage name Montana after reading a Jackie Collins novel that really influenced her. "The character Montana Grey really moved me and hit home. She was a woman who became successful in a man's world," she said, adding, "I know what struggles are. It is hard for a 5' 4 blond dancer to be taken seriously in this world."

The Doll House on Bridge Street in Kitchener is packed with men that range in age from 19-70, who enjoy the food, alcohol and entertainment. Montana enjoys working the afternoon shift over the night shift because the clientele are businessmen and construction workers, not students. "There are definitely less obnoxious, testosterone-flowing, drunk men during the day," she said.

Montana, who used to live in Cambridge, became interested in exotic dancing after babysitting for an exotic dancer. "I saw the great costumes she got to wear and the tips she was making and I thought, I can do that." Montana describes dancing as the hardest job she has ever done. "It's definitely the most difficult job to start in," she confessed. "Dancers bend over backwards to help each other in this business because we all remember what it was like starting out."

Cattiness and competitiveness doesn't seem to exist in the dancing world were Montana works. "Men place orders sometimes. They'll want a blond or brunette. Or we'll give each other the heads up if a guy is a good tipper," she said.

Money attracted Montana to the exotic dancing industry, but she later found out that the steady tips weren't always there. "You just never know how much money you are going to be taking home.

Sometimes it's \$10 a night in tips, other times it's \$350 a night." Averaging \$100 a day in tips plus \$10 an hour from the Doll House, Montana is raising a baby and is a loving wife.

Montana enjoys strutting her stuff on the stage because of her background in dancing and gymnastics. "I get nervous with the one-on-one interaction," she said. "I just hate approaching men. I could do table dances all night with no problems."

The Doll House, along with other strip joints, has to follow strict rules when it comes to customer/dancer interaction. The Supreme Court of Canada passed a law in 1999, outlining the action of lap dancing and touching in strip joints. The bottom line is "touching dancers by customers including sexually is legally supported as long as it does not involve masturbation, fellation, penetration or sodomy."

When asked about the negativity and stereotypes that exotic dancers are faced with, Montana's voice changes to a more serious tone.

"Exotic dancers aren't strippers, prostitutes, or alcoholics," she said. However, with movies like Striptease and Showgirls portraying dancers as troubled, drunk or abusive, she understands why dancers are viewed the way they are.

Montana says she was one of the lucky ones, as she never got into the drug and alcohol part of dancing, although she says it does exist.

Montana became a feature dancer after winning the Canadian Exotic Entertainer of the Year pageant. She also won Miss Nude Ontario, Miss Nude Eastern Ontario, Miss Nude Calgary and Miss Nude Toronto during her career. An average of \$1,000-\$3,000 is awarded to the winners of these pageants as well as a trophy and flowers.

She says her Pink Floyd, Off the Wall performance is her best dance to date, and it helped her win the title, Exotic Entertainer of the Year.

In her spare time Montana upgrades her schooling through Conestoga College.



(Photo by Sinead McGarry)

Try a cup of joe at the Raintree Cafe

By SINEAD McGARRY

The Raintree Café offers an alternative to the average coffee shop.

With the large blackboard displaying items from coffees to desserts, this modern café offers live entertainment and a full bar. Located at 220 King St. in Waterloo, this small but cosy café is a great place for a first date or quick cappuccino with friends.

When walking into the café, you'll feel as though you are stepping into your own backyard. With painted trees from floor to ceiling and a wooden staircase leading you to your seat, you are sure to have an enjoyable experience.

"We have evolved from a small bakery into a full-fledged, licensed restaurant and live music venue,"

says the Raintree Web site.

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bakery into a full-fledged, licensed

restaurant and live music venue,"

How to beat the sheer pain of shaving

By JASON MIDDLETON

Guys, if shaving is the first things you do when you wake up in the morning, you're doing it all wrong.

If you're tired of dabbing toilet paper on your face to stop the bleeding, shaving companies like Gillette, Schick, and Edge all have tips that will help you look your best.

Each company has shaving tips on their Web sites including the following:

All three companies agree you should shower and wash your face with a mild soap before shaving.

This helps remove oils from the hair and skin.

Gillette says that with a two-minute application of water, the force to cut beard hair is reduced by almost 70 per cent.

After applying a thick layer of shaving cream or gel, let it sit and soak in for two to three minutes. By doing this you stop the water in your skin from evaporating.

Don't attack the hair on your face with the razor. Use light touches and short strokes. Try to not go against the grain unless you take your time and are very careful. This will prevent irritation and will reduce the chances of cutting yourself.

Rinsing your blade frequently gets rid of built-up hair and will

Because of the live entertainment, this comfortable hangout is packed every Friday and Saturday night, making it hard to find a seat. Wednesday nights give new artists the chance to shine at open mike night.

"We host live music by local talent and provide our walls as gallery space for local artists to display their work," says the Raintree Web site.

You can also check out an online menu, a schedule of upcoming events and browse the photo album at www.raintreecafe.ca.

Customers will find this quote at the bottom of the Raintree Café menu. "We thank all of you for your enthusiasm, for the food, music, arts, and people that exist and thrive here, thanks for being a tree dweller."

make the shaving easier.

You should shave your chin and above your lip last because the toughest whiskers grow in this area.

After you are finished shaving, rinse your face with cold water and get rid of any excess shaving cream.

Using cold water will tighten the pores on your face.

Pat your face dry and use aftershave to cool down your skin.

Try to avoid using alcohol-based aftershaves because the alcohol irritates skin.

If you would like more information, visit www.insideedge.com, www.gillette.com/men, and www.shaving.com.



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DROP BY THE RECREATION CENTRE TODAY AND TAKE PART IN A HEALTHY LIFE STYLE

FITNESS SCHEDULE - JANUARY 13th - APRIL 17th, 2003

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Step Aerobics/7:00 am-7:50 am	Aerobics/7:00 am-7:50 am	Step Aerobics/7:00 am-7:50 am	Shinny Hockey/11:00 am-12:50 pm	Shinny Hockey/11:00 am-12:50 pm	Yoga/9:00 am-10:20 am
Yoga/12:10 pm-12:50 pm	Stability Ball/12:10 pm-12:50 pm	Yoga/12:10 pm-12:50 pm	Yoga/12:10 pm-12:50 pm	Shinny Hockey/11:00 am-12:50 pm	Tai Chi/10:30 am-11:50 am
Step & Tone/4:30 pm-5:20 pm	Pilates/4:30 pm-5:20 pm	Body Blast/4:30 pm-5:20 pm	Stability Ball/4:30 pm-5:20 pm	Shinny Hockey/11:00 am-12:50 pm	Shinny Hockey/11:00 am-12:50 pm
Cardio Knockout/5:30 pm-6:20 pm	Boot Camp/5:30 pm-6:20 pm	Stability Ball/5:30 pm-6:20 pm	Kickboxing/5:30 pm-6:20 pm	Shinny Hockey/11:00 am-12:50 pm	Shinny Hockey/11:00 am-12:50 pm
Kickboxing/6:30 pm-7:20 pm	Latin Dance/6:30 pm-7:20 pm	Kickboxing/6:30 pm-7:20 pm	Self Defence/6:30 pm-7:20 pm	Shinny Hockey/11:00 am-12:50 pm	Shinny Hockey/11:00 am-12:50 pm
Yoga/7:30 pm-8:30 pm	Karate/7:30 pm-8:30 pm	Yoga/7:30 pm-8:30 pm	Latin Dance/7:30 pm-8:30 pm	Shinny Hockey/11:00 am-12:50 pm	Shinny Hockey/11:00 am-12:50 pm
Self Defence/8:30 pm-9:30 pm	Yoga/7:30 pm-8:30 pm	Self Defence/8:30 pm-9:30 pm	Shinny Hockey/11:00 am-12:50 pm	Shinny Hockey/11:00 am-12:50 pm	Shinny Hockey/11:00 am-12:50 pm
MEN'S VARSITY HOCKEY HOME GAME					
WEDNESDAY, JANUARY 22nd, 2003					
7:30 pm					
VS SIR SANDFORD FLEMING COLLEGE					



CONESTOGA
COLLEGE
ATHLETICS &
RECREATION

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Feature

The reflection in the mirror: An anorexic's story

By NICOLE CHILDS

She looks in the mirror, a mere 78 pounds, yet she can't stop exercising. She eats a small meal but feels like she's eaten too much. She sees the dangerous pattern she has fallen into, yet can't escape. She is anorexic.

For 28-year-old Heidi Loewen of Guelph, this was her life two years ago. Now, while she talks with me, she is preparing a chicken stir-fry to take over to a friend's house for a potluck dinner.

Anorexia nervosa is characterized by drastic weight loss (15 per cent of body weight or more) from dieting, which can lead to emaciation, compromised physical and psychological health, and sometimes death.

It's a serious disease; sufferers usually have low self-esteem and low self-worth. It's characterized typically by a fear of gaining weight causing a person to limit food or stop eating all together and exercise obsessively.

Loewen found that her anorexia nervosa manifested between the ages of 10 and 12. As a bubbly, happy person, part of her personality also consisted of her being intensely emotional, passionate and a "people pleaser."

As a figure skater from the age of five, she felt the pressure of being thin and light. She was weighed once a week and trained four to five hours a day.

She began by restricting her food and exercising a lot. At age 10 she never ate junk food, which, thinking back, she found to be a little odd.

"I got into lying, telling my parents I had a snack after training when I really didn't," recalls Loewen.

She would only consume low-calorie foods and began to be obsessive about exercising.

At age 14 she joined the high school track team and began exercising even more. "I'd finish track club then go back home and go to the ice rink. On my days off I would exercise on my own," says Loewen.

After a while she began to notice a change in her personality. She went from a bubbly, talkative person to a serious person. She also noticed she was cold and her lips often looked blue. She was tired all the time, had dry skin and hair, increased body hair on her arms, belly and face, and she did not have her period.

It was around this age that Loewen decided to quit skating. "I was missing school and I decided that education was more important to me."

However, she did remain on the running team and joined the Waterloo running club. While the coaches on the running team did not pressure her about her weight, she already had it ingrained in her head that she must be thin.

It wasn't until she entered college to train in naturopathic medicine and moved to Toronto that Loewen began to realize her destructive behaviour. The stress of being away from home, the intense schooling and missing the camaraderie she found on the running team back home, all led her to a dangerous coping mechanism. She began using her control over how much she ate to compensate for the lack of control she felt in her life.

"I started to realize, I'm not living a healthy lifestyle," remembers Loewen.



(Photo by Nicole Childs)

Anorexia is a far-reaching disease that affects many ages and both sexes. It's characterized by drastic weight loss which can lead to emaciation, health problems and possibly death.

She was beginning to suffer from obsessive-compulsive disorder, constantly cleaning, washing, exercising and still limiting her food intake. She recalled that after a while she became agoraphobic, meaning she wouldn't leave her room, spending everyday studying and exercising there.

"It was exhausting but I couldn't stop. I realized that it was controlling me and I felt possessed," she explains.

Loewen finally made the hardest decision she ever had to make; she decided to leave school after her third year.

She remembers cleaning her room, as she did everyday, and missing class because she couldn't leave her room. Then it hit her. "I just had a breakdown when I realized what I was doing. I said to myself, 'I can't live like this.' It was spiritually, emotionally and physically killing me."

She moved back to her parents' house and hoped to recover on her own, but instead she got worse. She missed the structured life she had at school and her eating habits were getting worse.

"I didn't have an appetite, I didn't even know what it was anymore," says Loewen.

She finally realized she couldn't do it alone after she was sent to the hospital with a heart beating below 35 beats per minute and kidney failure.

On July 30, 2001, Loewen entered Homewood Health Centre in Guelph to join the eating disorders program. At the time she felt like she had no choice, but today she is happy to say she made the best decision she could.

"My eating disorder was intense and I needed something just as intense to fix it," says Loewen.

She stayed for three and a half months during which time she ate,

went through classes and learned how to deal with living with anorexia nervosa.

When asked what she did for the first month she laughed and said, "Ate and cried. It was an anorexic's worst nightmare. I cried through a lot of meals along with my friends."

When asked to recall how it felt for her to have to eat she said she immediately had a choking sensation just remembering it.

"It was awful. I felt emotionally sick and it caused me to feel physically sick," recalls Loewen, adding, "It was also exhausting. I couldn't believe how emotionally exhausted I was. You were fighting every urge in your body."

She remembered that the first month was sedentary; she only walked to the dining hall, and wasn't allowed to walk up and down the halls a lot.

Classes didn't start until she had gained enough weight. Patients that don't weigh enough often aren't coherent enough and don't comprehend enough for the classes to be effective.

Loewen found the program to be phenomenal because it is voluntary so you have to want to do it for yourself.

"Even though I felt tortured I realized I valued my life because I wanted to do this for myself. It gives you empowerment and control over your life," says Loewen.

After she gained enough weight she joined classes and took risks in talking about things that were hard for her during therapy. She says it is sort of a program of self-discovery; you can become the person you want to be.

"I had a vision of who I wanted to be and I used the program to my benefit," she explains, adding, "Not everyone feels it works for them but it did for me. It did a 180 for my life."

Finally she gained enough weight

to do supervised exercising and to go out on weekend passes to see her family and friends.

Loewen left Homewood on Nov. 13, 2001, but says she still struggles with the disease everyday. "It's a very powerful disease. Big stressful events can set you back but I'm going to do my best," explains Loewen.

Her goal weight at Homewood was 104 pounds. Today she is proud to say she doesn't know what she weighs and she is happy not knowing.

"I think it would be dangerous knowing now. My weight used to define me as a person."

She continues to see the therapist who worked with her at Homewood once a week and discusses the events of her week, triggers and struggles. She finds that as long as she keeps everything out in the open she can deal with it, rather than getting back into a pattern of secrecy.

Looking back she is thankful for the support she had from her friends and family. She remembers that the family sessions at Homewood were difficult because they were so open but she was happy her parents still came.

She is still trying to figure out what her biggest trigger was and feels that it was a combination of things.

"It was basically school, stress and my passion for it was so huge that I just wanted to know everything. I guess I was overwhelmed and lonely."

She recently got engaged to her fiancé Rob on New Year's Day. They have had a relationship for nine years and even though she pushed him away because of her illness he stayed by her side.

"I don't think our relationship was a factor in why it started, if anything it pushed me to get better," states Loewen.

She is now planning on going

back to school in Toronto to finish her fourth year in naturopathic medicine.

Last week was eating disorders awareness week, and, like many others, Loewen doesn't feel that there is enough information out there to make people aware of eating disorders like anorexia nervosa.

To increase awareness, Loewen participated in a documentary to be aired on the Women's Network starting Feb. 24. It's a half-hour series called Family Secrets and deals with different issues including eating disorders. According to Loewen, they filmed her revisiting Homewood, making dinner at home and just interacting with different people.

She says it was one of the most difficult things for her to do, but she felt it was important to increase awareness in society.

April Gates, the eating disorder program co-ordinator at Homewood, agrees that people should be more aware of eating disorders in our society. However, she disagrees with the idea that the media is the major cause of eating disorders. She thinks it is multi-causal. "You can't pinpoint the media because we are all affected by the media," states Gates.

When pinpointing the cause of a person's eating disorder, be it anorexia nervosa or bulimia, she finds it useful to find out what function it has for them. Some use an eating disorder to gain power over their own lives, when really it is taking power away from them.

During eating disorder awareness week, Homewood Health Centre held an event at the Guelph Youth Music Centre, Feb. 6 featuring a reading from the book *The Hunger* by author Marsh Forchuk Skrypuch. It also featured the film, *Beyond Killing Us Softly*, and the photography of Melanie Archibald and Melanie Gillis.

Conestoga College also had a table set up outside Door 3 during the week providing information and showing a video. Lynne Robbins of Student Services hoped to inform staff and students of the seriousness of eating disorders.

According to Robbins, 90 per cent of the female population has some degree of body dissatisfaction, 15 per cent of women have some symptoms of bulimia and 10 per cent of eating disorders affect males.

She also agrees that it originates from a myriad of sources. Her three main reasons were psychological, social and interpersonal. Psychologically, those with low self-esteem, depression, anxiety, and loneliness could be susceptible.

The social aspect looks at the cultural pressures that place a high value on the perfect body. Interpersonally, those that have had a troubled family or personal relationships, those that have difficulties expressing their emotions or have a history of being ridiculed because of their weight may be susceptible.

Loewen finished making her stir-fry as we ended our conversation. She said she still struggles with eating properly on her own but enjoys it socially. Because anorexia nervosa is a lifelong disease she will struggle with it for the rest of her life. She says, "I'm just going to try not to give it power."

Publishing a book is more business than pleasure

By VALENTINA RAPORT

Working long days, sleeping short nights and leaving her home for weeks at a time are only some of the sacrifices she has made.

Heather Blaine possesses a love for entrepreneurship and the risks involved have never stopped her.

"I hate working for other people," she said. "Sometimes I think I should just get a job (working for someone else) but once I'm in there I go wacky!"

Blaine, a mother of two, decided to take a big business risk and start a publishing company with writer and friend Thomas Hagey. Known for his past work such as: Playboar, Cowsmopolitan, Penthouse and Vague (all parodies mocking existing magazines), Hagey had already proven to be a successful writer selling more than one million copies of Playboar.

Yet along with his success, Hagey also encountered problems receiving royalty fees (money entitled to the authors from their work) for his work from the publishing company he dealt with.

Now wanting to publish another book, Hagey teamed up with Blaine, a business woman with a lot of experience. Having always been interested in small business ventures, Blaine had been a mentor for self-employed through a government-funded program.

"To me it (the idea for the new book) seemed to have huge potential," said Blaine, adding, "As publishers we could keep the majority of overhead (running costs) and infrastructure low."

The two decided to start Flog Publishing, which would publish Hagey's new book also titled Flog (golf spelled backwards). Like his past work, Flog is a parody about golf made up of comical photographs, articles and mock ads. It includes two issues, one for men and another for women.

The decision to start Flog Publishing would prove to be a journey full of long hours and big risks.

"The paperwork is unbelievable," said Blaine, who said start-up investment costs were as high as \$500,000.

"The publishing and book industry (in Canada) is an over-gloryed consignment situation," she said. "There's not a lot of money in publishing unless you are a best seller."

According to Blaine, the book



(Photo by Valentina Raport)

Flog, a parody book about golf, was produced by Flog Publishing, a business created by Kitchener resident Heather Blaine, shown in the ad at right, and writer Thomas Hagey.

industry is highly controlled by the government. She said the government wants to know what people are writing and publishing. She mentioned several big-name book stores who have 120 days after the books are on the shelves to either pay for the books or return them if they don't sell. This does not benefit publishing companies, such as Flog, who have already spent the money to get the books out into the store.

"It's (publishing) pretty much a library service in Canada," said Blaine. "That's why it is important to get into the gift industry."

While their first intention was to market to book stores and golf shops, Blaine and Hagey soon came to realize gift shops not only sold more of the book, but the method of payment was much more secure.

"You sell something. You make an invoice and people pay for it and keep the product. They either sell it or absorb it," she said.

"The golf gift shopper is the market not the golfer. Golfers buy clubs and balls," she said, adding, "It's the wife or children (of the golfer) who buy it (Flog)."

While government funding is available to some publishers, it is only available to companies who

publish between eight to 16 titles per year. As for small business loans, publishing companies are not considered a small business and therefore can't receive that loan either.

From the start Blaine and Hagey did everything themselves including hiring the actors for the book, the photo shoots, the paperwork for investors, as well as registering the book with the National Book Registry, applying for their International Standard Book Membership and obtaining the UPC codes for the books.

The production for Flog took 10 months and Blaine described it as one of the busiest times throughout the whole journey.

"I would work all day, get home late, wolf something down, go to bed and do it all again the next day," said Blaine, describing a typical day during the book's production period.

Blaine and Hagey spent days at a time staying overnight in Toronto hotels making sure each page was perfect before it was printed.

After taking each page to the art director, who arranged the layout of the pages, each page had to be scanned and printed on to test layout sheets. They were then carefully edited and printed on a web

press, which could print 50,000 copies in one hour.

The prints were then sent to a bindery where they were cut, folded and put together with the cover of the book.

"You have to make sure everything is perfect because they (the printing company) will not pick up any costs for typo errors," said Blaine.

Once the book was complete it was time to get the word out. Hagey had his first interview at a radio station advertising Flog on Sept. 11, 2001, the same day the two twin towers in New York were attacked.

"The first six months was a wipe out because the world came to a standstill," said Blaine.

Having to package and deliver the books themselves, Blaine and Hagey found the costs and time they were spending to get the books out onto the shelf allowed little profit.

"Having to box them and deliver them myself was cost prohibitive and too time-consuming," said Blaine, adding, "We weren't making any money."

In the spring of 2002, Blaine and Hagey decided to go to a national distributor.

"They (sales reps) would go into the stores and sell the books for

us," said Blaine, adding it also meant selling the books for \$4 to the distributing company instead of \$6.50 to retailers.

"We've got to get more money because we did it with no cash hoping it would sell just because it was a golf book," said Blaine.

Although 20,000 copies of the book have been sold, according to Blaine 50,000 should have been sold.

"We should have sold more but it was only the two of us (at first)."

Regardless of sales so far, Blaine said the books are now selling successfully locally.

Selling the books in many gift shops, books stores and on their Web site at www.flogworld.com, Blaine said the golf market includes an estimated 45 million golfers and 150 million golf gift buyers worldwide.

"If we can sell two million books (within the next 24 months) I'm looking at about \$10 million in profit," she said.

As for the future, Flog Publishing hopes to one day expand into selling other gift items and producing an anniversary edition of Playboar.

"Depending on the volume at that point (when the books already printed are sold) we will decide to go with a 20,000-to-100,000 print run," said Blaine, adding the bigger the print job the less it costs.

As for regrets, Blaine said she wishes they would have designed the book to look smaller.

"Perception is reality," she said. Describing Flog's layout, which is often mistaken as a magazine because of its size. "It's a lot harder to get more money if it looks like a magazine," she said.

Regardless of her success, Blaine says she doesn't know if she would do it again. Working anywhere from 50 to 60 hours during some weeks, Blaine says it was really difficult as a mother. "It's almost next to impossible to do that (start a business) and raise a family," she said.

"You're at it all the time. You have to like challenges (to do it)."

While she plans to stick with the project, Blaine also said her ultimate goal is to retire in five years.

"I am going to slow down one of these days," she said.

When asked if she has ever considered writing a book herself, she jokingly answered, "I think I'd like to write a book about writing and publishing a book."

LASA student organizes fundraiser for woman with cancer

By SHANNON McBRIDE

A few months ago April Dowdall picked up her newspaper and read about a Kitchener-Waterloo family's battle with cancer. The story touched her in such a way that she decided to do something to help.

The second-year Conestoga law and security student noticed that the Swiech family had set up a bank account for donations. It wasn't until later that Dowdall realized she could organize something bigger.

"When I came to school it just dawned on me that I had access to 410 students through the law and security and police foundations programs," Dowdall said, adding that a fundraiser would be a good way to

generate a lot more money than what she could donate on her own.

Dowdall went to her program coordinator and was eventually directed to Conestoga's financial services department.

"I wasn't allowed to use any college resources," she said, adding that people had to make the donations on their own time.

Dowdall's plan was to make 410 copies of the article from the Kitchener Record and simply pass them out to her fellow students, making mention that any donations could be given to the program administrator Heather Bortolussi.

But after talking with her friends about the idea, Russell Kelly, also a second-year law and security stu-

dent, offered to tell the family's story to some of the larger classes in the program.

"I'm not a big spokesperson," Dowdall said in her quiet tone. "Russ was really passionate about telling the story and we wouldn't have done as well as we did without him."

Kelly went to classes of often more than 100 students and told the story of Charlotte Swiech and her diagnosis with acute myelocytic leukemia. He talked about her struggle with wanting to have her husband, Michael, and her 20-month-old daughter, Victoria, by her side while going through extensive treatments in Toronto. Michael has quit his job to look after their

daughter and be with Charlotte. Their only income was a monthly disability cheque of \$1,000.

Kelly told the classes that any donations would go to lodging in Toronto for the husband and daughter, since most hospital lodges like the Ronald McDonald House didn't allow young children to stay with them because of the high risk of infection.

The fundraiser lasted for two weeks in December and the program raised almost \$350 from donations alone.

"We have a lot of young people in our program and it surprised me that they were so willing to give," Dowdall said.

She said she learned a lot from

setting up the fundraiser.

"If you want to get something done, you can, especially being here (Conestoga) you have all these resources around you."

Dowdall added that the fundraiser was easy to do and that she would do it again in a second.

"It feels good to know you helped someone even though you don't know them," she said, adding that she owes a big thank you to the students and faculty who donated their time and their money.

"I think it's important to respect and care for people, especially being in the corrections and policing fields," she said.

"It's important to do your part, however small that is."

Health gets boost from reducing toxins

By JULIANNA KERR

The average home is filled with toxins, and most people who live there don't even realize it.

In a time ripe with mysteriously nagging and undiagnosed ailments, perhaps a closer look at the chemicals in our lives is in order.

There are healthier alternatives to the toxic agents with which we surround ourselves, and evidence of their positive effects is building all the time.

A recent Environmental Protection Agency (EPA) survey has concluded that indoor air in the United States is anywhere from three to 70 times more polluted than outdoor air.

A second EPA study announced that the toxic chemicals found in many common household cleaners are three times more likely to cause cancer than outdoor air considered to contain average levels of pollution.

Many commonly used household cleaners contain dangerous agents that, used even in small quantities, can cause such ailments as allergies, cancer, asthma and other immune system failings.

The Web site www.themomteam.com has been designed to help raise awareness about dangerous pollutants in the home.

With the help of Joyce Woods, who completed her doctoral degree in the area of indoor air pollution and its effects on health, the Web site has posted bulletins with facts and hazards about home pollutants, as well as suggestions about how to minimize the threat that exists from these chemicals.

"Our immune system is very powerful," she says. "But household chemicals cause all kinds of symptoms from cardiovascular problems, panic attacks and anxiety attacks to bedwetting."

Woods and the operators of www.themomteam.com go on to describe a few of the dangerous pollutants lurking in the most unlikely of places.

That box of laundry detergent may contain lye. This spray cleaner may contain dioxin or Agent Orange, which you may remember as a deadly herbicide developed by the U.S. for military use in Vietnam.

Formaldehyde is thought to contribute to allergies, cancer and asthma, and can be found in some antiperspirants, mouthwashes, toothpastes, coffee and even sandwich baggies.

Drain cleaners may cause burns to skin and eyes. Furniture polish can contribute to skin and lung cancer. Antibacterial cleaners may lead to liver damage. And the list goes on.

Over the last few years, an alternative to these highly caustic and toxic pollutants has been gaining attention.

It is tea tree oil, an essential oil extracted from the leaves of the Australian Melaleuca alternifolia.

According to a www.wellbeing-uk.com history, tea tree oil was first discovered in 1925 by British explorers. They witnessed the use of the essential oil by Australian Aborigines to treat skin conditions and various other ailments by brewing leaves of the tree to make a healing tea.

But it wasn't until about 40 years ago that widespread interest in the natural antiseptic and fungicide began. Amid growing concerns about chemical pollutants and their side effects, natural options such as tea tree oil suddenly became fashionable. And now there is more information to support the strength of natural options.

www.wellbeing-uk.com says there is now a large and growing body of clinical evidence to support the anecdotal claims made over 50 years of the therapeutic virtues of tea tree oil.

Companies like American-based catalogue business Melaleuca: the Wellness Company have created what they call environmentally sensitive products. All products released by Melaleuca include

some amount of the tea tree oil the company considers to be penetrating, soothing, aromatic and non-caustic. The company offers everything from household cleaners, laundry supplies, shampoo, and lotions and soaps, to vitamins, energy bars and weight-control shakes.

Advertising and catalogue information from Melaleuca boast successful relief and treatment of ailments including cuts and abrasions, dry skin, acne, bruises, bleeding gums, body odour, razor burn, skin rashes and cold sores. All without dangerous toxins and caustic agents.

But does it work?

My family and I recently had the opportunity to sample a number of tea tree oil products. It was suggested that we put aside our everyday cleaners for a trial period. We were told we would never go back once we had experienced the superior cleaning and healing powers of tea tree oil. We were told we would notice changes in our health, and we were told these changes would begin almost immediately.

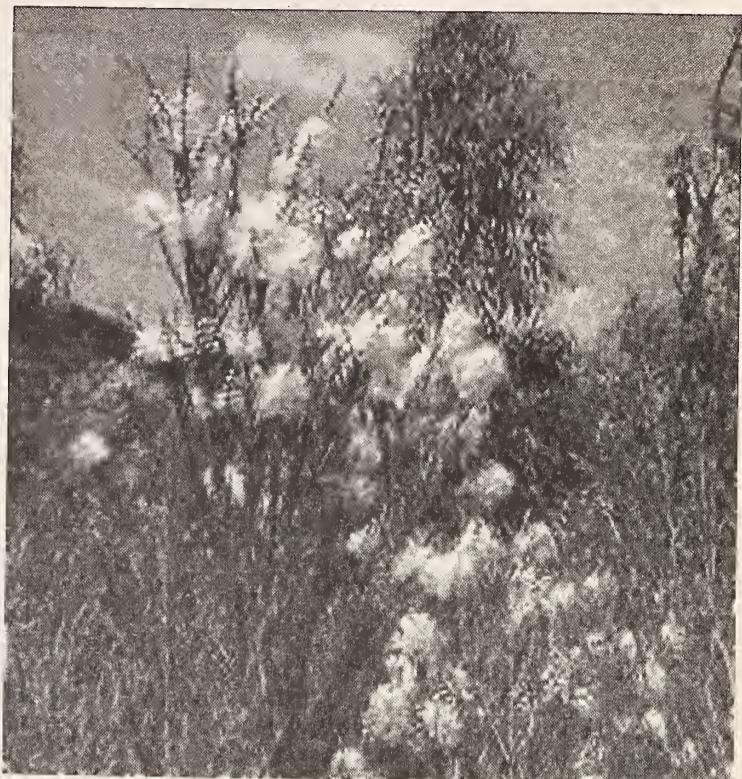
So was it true? Yes.

The oil-based cleaners were strong and fast acting, without the bitter aromas that often accompany such products. No hazardous labelling could be found on any products — except for one warning. The products could be irritating to the eyes.

We replaced soaps, lotions and hair-care products with those containing tea tree oil. After only a few days, dry skin was moisturized (and stayed that way), and dry and damaged hair felt and looked healthier and softer.

A tea tree oil tooth polish made a difference in less than a week. It tastes a little funny, and it does not feature a recommendation from the American Dental Association, but it made our teeth feel far cleaner than what we'd been using, not to mention the fact that our teeth were considerably shinier and whiter.

It has been our experience that



(Internet photo)
Therapeutic oil is extracted from the bushy Melaleuca alternifolia tree found most commonly in Australia.

these products cost about the same as the name brands you would find in the grocery store, with the possible exception of the vitamins, which are quite expensive.

For more than a year, I have experienced mysterious symptoms that seem to have no root cause. I have undergone numerous tests and tried eliminating things from my lifestyle. I have also tried adding new things to my lifestyle.

So far, nothing has worked. Until now.

After less than a month of using products containing tea tree oil, I have noticed a difference. I get fewer headaches and I feel I have more energy. Our home seems cleaner and is not cluttered by the toxins and odours of caustic cleaners.

That isn't to say that tea tree oil is for everyone. There is still minimal documented proof of its benefits.

Most of the success stories seem to be passed along by word of mouth.

But if you or someone you know is experiencing illnesses or symptoms from which there is no relief, perhaps a new approach is a good idea.

Woods says cancer rates in North America have almost doubled since 1960.

Perhaps that is due in part to the chemicals in our lives. And perhaps not. But it's becoming an increasingly realistic possibility.

In any case, it certainly doesn't hurt to minimize the caustic substances that surround us. Reducing the amount of toxins in the home could never be a bad thing.

Products containing tea tree oil as well as other natural options can be found in health stores, pharmacies and many grocery stores. More specialized products can be found through mail order or on the Internet.



(Photo by Rebecca Learn)

Students for hire
Students Andrea Baker (left) and Nicole Vandertlyden check out job fair information in the career services office.

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Pet owners spoil their best friends

By ANDREA SMITH

As you gaze into those adorable eyes your heart pounds because you feel so much love for your closest friend, your "baby."

You look down from the table and back up at your plate full of food. Your arm "accidentally" slips and the food you dropped is gobbled up in a minute.

By now you may know I'm not talking about your child or your significant other, I'm talking about your beloved house pet.

According to a recent survey of pet owners conducted by the American Animal Hospital Association (AAHA), 52 per cent of people surveyed think their pet is the one who listens to them best, 31 per cent think the same thing about their significant other, and eight per cent think it is other family members.

With this information, it really isn't surprising to know that people spoil their pets. It's hard not to give your pet treats or gifts all the time. They are cute, furry and innocent pets will give you all the attention you need when no one else is there to give it.

The AAHA study also found that 84 per cent of owners consider their pets their children. A survey done by Pet Suppliers Plus found that 28 per cent of owners claimed to spend more on their pets for Christmas than their spouses. More than half spent more on their pets than their in-laws.

Spoiling your pet could mean just giving it a few scraps off the table here and there or a couple of new toys every month.

Or maybe you take your pet to expensive spas, country clubs and exercise facilities, or give them gourmet nibbles, designer clothing, handmade beds, jewelry or aromatherapy.

In the Pet Suppliers Plus report, 77 per cent said they'd rather buy luxury items than practical ones for their pets.

The pet fashion industry pulls in \$500 million a year.

Mickey Smith, owner of a five-year-old lab/beagle named Tasha, says the dog always sleeps with him and his wife at night on their bed.

Smith's wife, Colleen, says she usually has to sleep at the corner of the bed because Tasha and Mickey take up all the room.

"We bought our dog her own bed but it is not good enough, she has to sleep with us," says Colleen.

The dog even has her own chair in the living room (which Colleen doesn't like Tasha sitting on but she gets away with it), a ton of balls and a rope she likes to tug on, and free roam of the house and backyard.

In return, Tasha makes sure she gives her family lots of love.

"She hates to be alone. If you are



(Photo by Andrea Smith)

Tasha, a five-year-old lab/beagle, may look vicious but she is just playing with her rope, one of her favourite toys. She has her own chair in the living room and likes sleeping in her owner's bed.

the only one home with her she will become your own shadow," says Mickey, adding, "And if you come home when she has been left alone for awhile you can forget about taking off your shoes and jacket because Tasha will attack you with lots of hugs and kisses."

Tasha hugs you by sitting on her hind legs and wrapping her front paws around you.

Along with being spoiled, the lab/beagle is also a smart dog.

Tasha knows how to open the back sliding door by herself. She pushes the door with her nose until it opens a bit and will squeeze her body through. She will occasionally let herself out to go to the bathroom but most of the time she is lazy and just paws at the door for someone to let her out.

The Smiths have even found teeth marks on the front door handle. They guess it is from her trying to open that door too.

"The only thing she needs to learn now is to close the door on the way out," says Colleen.

Tasha has also learned many tricks. Besides opening doors, she can roll over, sit pretty, give both paws, say please (a smaller, quieter "woof" than a normal bark), and stay.

Geoff Bough, a police foundations student, says he also spoils his cat, Sam, who is approximately 19 years old.

"He technically has his own chair and he does whatever he wants - like jumping on the table."

Sam even sleeps on the pillow on Bough's bed and will sometimes push him off.

In return, Sam is affectionate says Bough.

"Sam is a suck. He likes to hug you by putting his paws around your neck."

Tasha and Sam are also both, shall we say, a little "well fed."

"Tasha has her own dog treats and food, but we usually feed her a bit of our table scraps," says Colleen.

Sometimes it is hard not to give your pet attention and junk food when it has done something good.

However, being "well fed" and giving your pet human foods could have its consequences.

"Most people know what they are supposed to feed their pets, but not enough owners are aware of foods that make cats and dogs very ill," said Elizabeth L. DeLomba, a veterinarian, in an article What Not to Feed Your Pet on www.vetcentric.com.

For instance, contrary to the old wives tale, milk is not good for cats because it can ruin its gastrointestinal system.

Bones are not good to feed your dog either. Whether it is chicken, steak or pork chop bones, they can splinter easily and can ruin the mouth and esophagus.

DeLomba says that the fragments of the bone can lodge in the stomach and could require surgical removal.

Onions can be toxic to your cat or dog. Whether they are cooked,

fresh or dehydrated, they contain allyl propyl disulfide, which is a substance that damages red blood cells by causing the hemoglobin to break apart.

DeLomba says when the hemoglobin is damaged, the body works to rid itself of the damaged cells.

"Loss of the red blood cells results in anemia, which has serious consequences for companion animals. Pets that are anemic may have pale gums, show difficulty breathing, and seem weak and depressed."

Other symptoms of an anemic animal include reddish brown urine, which can eventually lead to kidney failure.

DeLomba says that your pet should see a veterinarian immediately if they have eaten onions.

Other bad foods include chocolate, grapes, caffeine and alcohol.

Some people may think that it is funny to get your pet drunk. The fact is dogs and cats have less body weight than humans and can become drunk very quickly.

DeLomba says alcohol is a diuretic (a drug used to lower the amount of salt and water present in the body by increasing the amount lost as urine). When your pet gets drunk it will lose all its inhibitions and their training will go out the window.

A large amount of alcohol can cause worse consequences. Your pet can develop behavioural depression, depressed respiration, cardiac arrest, and even death.

"Next time you have a party, lock your pet in a room where it can stay safe and alcohol-free," says De Lomba.

When your pet does something good or cute and you want to reward it, think about the consequences before feeding it human scraps.

There are many ways to reward your pet without harming it.

"Some human foods are OK to give to your darling companion," says Lesli Wyant, a veterinarian, in an article titled Human Foods that are "Safe" to Sneak on www.vetcentric.com.

Vegetables like carrots, broccoli, celery, squash, green beans, corn removed from the cob, boiled or baked potatoes, fruits such as bananas, apples, pears and others are safe to give to your cat or dog.

Low-fat, low-salt, healthy breads or starches such as plain rice cakes, plain popcorn, low-salt crackers, shredded wheat cereal, cooked white rice, cooked pasta and others are also safe.

Wyant says that it is best to feed your pet good quality commercial pet food, and limit treats to less than 10 per cent of the total daily food intake.

"There are many pet treats on the market that are safer than most people foods. Remember to check the nutrient labels of these treats, since some contain large amounts of fats and thus should also be limited."

If you give them too many treats, then you may have a pet that won't eat anything else. This is called a picky eater, and it is not healthy for your furry friend.

If you would like to change your pet's eating habits, then it is not too late.

"You can start off by mixing in a small amount of table scraps," says Joe Barges, a veterinarian, in an article titled Finding a Recipe for Success with Picky Eaters on Oct. 8, 2002 on www.vetcentric.com.

"Praise the dog for eating from its bowl, but remain neutral when giving the odd treat outside mealtime."

Veterinarian Jon Vilhauer mentions a stricter method.

"Put out a bowl of dog food and pick up whatever the dog has left after 15 or 20 minutes. Once the dog realizes it gets the food in its bowl or nothing at all, and gets hungry enough, it will start eating."

It is also a good idea not to give your pet attention and encouragement to eat because they like it when you fuss over them.

Kathryn Michel, a veterinarian, says in the article that as long as your dog is a healthy adult, it is OK to use this method to wean dogs off people food - but never try the battle of wills with puppies, underweight dogs, diabetic pets, or cats.

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Sports

Where is college's support for varsity sports?

By MARC HULET

Conestoga College is known for many positive things, both on campus and in the community. But one thing the college is not known for is supporting its sports teams.

The coach of the men's varsity hockey team, Greg Rickwood, says Conestoga's fan support is one of the weakest in the league.

"When we attend games at St. Clair we play in front of 1,500 fans," he says. "At Conestoga, we are fortunate to get 50 or 60 spectators — most of them family."

And this is the best season for turnouts in the three years Rickwood has been coaching the hockey team.

He thinks the school should be doing more to support varsity sports.

"Our team is rarely discussed in Spoke and games are not readily announced to the student population."

Rickwood, who is also a high school teacher, does have some

suggestions for the college.

"I would like to see the business marketing program set up a partnership with the varsity teams, where students would be given course credit to promote or market the varsity teams in the community," Rickwood says. "At St. Clair, their hockey team has eight sports marketing students working completely with the hockey team providing giveaways and incentives for students and community members to attend home games."

The team's problems don't end with fan support.

Rickwood says another obstacle facing the team — and all other varsity teams at the college — is the lack of a varsity dressing room.

"It is a real problem not having a personal space to store equipment, which forces the athletes to carry hockey bags to and from the arena," he says. "Conestoga is one of only two colleges in the league that does not offer a team dressing room to their hockey team."

Rickwood does point out though that Conestoga, in his opinion, has the nicest arena in the league. He also says the campus bar is very hospitable between periods.

Even if students are not fans of hockey, Rickwood says they can get a lot of enjoyment and satisfaction out of supporting their fellow students.

"Students should support varsity sports because if they don't, varsity athletics may become a thing of the past," he says. "To see a fellow classmate or school friend competing against various colleges gives them a sense of pride that they attend Conestoga. Fans will come away exhilarated with a craving to return."

Rickwood, who has also coached hockey at the university, junior and minor league levels, says that he gets a lot out of coaching the team.

"The best part of coaching the team is the camaraderie with the players, both on the ice and away from the arena. We spend a great deal of time together," Rickwood

says. "I also enjoy seeing a player develop from a fourth-line player into a first-line player by the end of his college career. I find that the most satisfying part of the job."

There are two games left in the season, with one home game remaining on Feb. 12 against Seneca.

The Conestoga Condors are fighting with Cambrian College for the final playoff spot. All students and faculty should come out and show their support for the team — and make up for the lack of support the team received for the bulk of the season.

There are some very exciting reasons to watch it, as well. Rickwood says there are a number of players whose performances stand out.

"Our goalie, Jeff Young, has recorded three shutouts this season and is the premier goalie in the league," Rickwood says. "Jeff's ability to anticipate the play allows him to make saves that most goalies would not even think of stopping."

Rickwood says that, although the opportunity for college players to advance to a higher level of hockey after college is limited, Young and team captain Andrew McDermott both have legitimate shots at moving onto the East Coast League after graduation.

McDermott has impressed Rickwood with his high level of leadership, ability to contribute key points and his physical play.

"Andrew is a power forward who can take control of the game when he needs to."

Second-year defenceman Josh Dennis has also caught the coach's eye.

"His hitting ability is second to none. Josh is a quiet person who plays loud on the ice."

It has been a season of disappointments on and off the ice, as the Condors struggle to make the playoffs. Rickwood says the team is better than it has shown this year.

"In order for this season to be successful, I truly believe we deserve at least a bronze medal."

Alumni score big at annual soccer tournament

By CARRIE HOTO

It was another successful year for the alumni indoor soccer tournament.

The event took place over two days, with the men playing on Feb. 1 and the women playing on Feb. 2. The tournament was separated into two pools. The first men's pool included: Conestoga Condors, Alumni I, St. Lawrence (Brockville), Niagara and George Brown.

The women's Alumni I team had a great record all day, beating Niagara 2-1, and defeating St. Lawrence 8-0 in their second game.

However, they came up short to Sheridan 2-1. The Alumni I team made it to the championship game against Seneca, but lost 1-0 in overtime.

The men's Alumni II team also won their first game of the day 2-1 over Canadore, tied their second game 1-1 against R.M.C., won their third game over George Brown 1-0, and lost 6-1 in their last game of the day against Seneca 6-1.

The Conestoga men's varsity

won their first game 2-1 against Sheridan, and their second game against St. Lawrence 5-0, but came up short against Niagara 1-0 and lost 3-2 to Alumni I.

The first women's pool included: Conestoga Condors, Alumni I, Canadore, St. Lawrence (Kingston) and Seneca. The second pool included: Alumni II, St. Lawrence (Brockville), Sheridan, Niagara and George Brown.

The women's Alumni I team took home the championship, after going undefeated all day. They beat the Alumni II team 1-0, they won 2-1 against Seneca, 2-0 over St. Lawrence, 2-0 over Conestoga and 5-0 over Canadore.

The women's Alumni II team won 5-0 over St. Lawrence, tied George Brown and Sheridan blanked Niagara 3-0.

The women's Conestoga Condors varsity team tied Canadore 0-0 in their first game, lost 1-0 to Seneca, and won their final game of the day 2-0 against St. Lawrence.

This was the ninth annual women's indoor soccer tournament and the fifth annual men's alumni indoor soccer tournament. Conestoga hosts this tournament every year and is the only school to include alumni teams.



(Photo by Carrie Hoto)

Amanda Drexler of the Conestoga Condors tries to get the ball away from a Seneca player. The final score was 1-0 for Seneca.

Every person who graduates becomes an alumni member. "You pay into the alumni your first term of your first semester, it's a pre-paid plan," said Monica Himmelman, alumni services officer, adding, "It costs about \$25 and change."

The indoor soccer tournament is held in approximately \$1,200-\$1,300. "The money goes to scholarships for varsity athletes."

"The scholarships are given out at the awards banquet in April," said Himmelman.

Each game was 25 minutes long. At the end of the championship game if the score is still tied, it goes into a sudden-death, five-minute overtime; if the score is still tied, then the teams take penalty shots.

Himmelman said the tournament is "growing, growing and growing."

Marlene Ford was not only the co-ordinator of the tournament, but also played on the Alumni I team. "She's responsible for all the varsity and intramural sports," said Himmelman, adding, "She (Ford) is also a graduate of Conestoga."

The alumni association sponsors four of the alumni teams. Being part of the alumni also has a couple of other perks. The alumni services puts out a magazine twice a year, called Connections, and presently, alumni services is offering discount tickets to Chicopee Ski Club for \$18 for four hours. These tickets are available to alumni, members, students and friends.

The alumni association also held an open skate on Feb. 2 from 2 to 3 p.m.



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CSI Vice-President: Your name here

You could be one of the lucky four who has the privilege of helping the students of Conestoga.

Every year, Conestoga Students Inc. holds annual elections to fill its executive positions. Interested candidates are encouraged to come to the CSI office and pick up their nomination packages.

Positions available are the full-time president and three vice-president positions.

Nominations begin January 28 and run through to February 10. Candidates can begin to campaign on February 10 through to February 28.

Elections will be March 3 - 5.

Do you have what it takes to give your time and energy to help other students on campus?

Do you like to travel, meet new people, make decisions and do you want to boost your resume?

Do you want to help change things for students at Conestoga?

If the answer to all those questions is yes, then you should get involved with CSI!

VOTE!

CSI elections are coming.

What are you doing?

Where will you be?

www.conestogasi.com

**CONESTOGA
STUDENTS INC.**

Thank you!

The CSI would like to take this opportunity to thank the following people who contributed to the success of the Polar Plunge and Winter Carnival:

- * 30 jumpers and plungers who raised over \$1500 for the Heart and Stroke Foundation
- * First-year students from the Paramedic program
- * First-year students from the Law and Security/Police Foundations program
- * The Conestoga College Alumni Association for their donation of \$200
- * Chartwells and Food Services Staff
- * The staff and students of Conestoga College

We could not succeed without your help

Many thanks to you for helping so many people through your contribution.

**CONESTOGA
STUDENTS INC.**

